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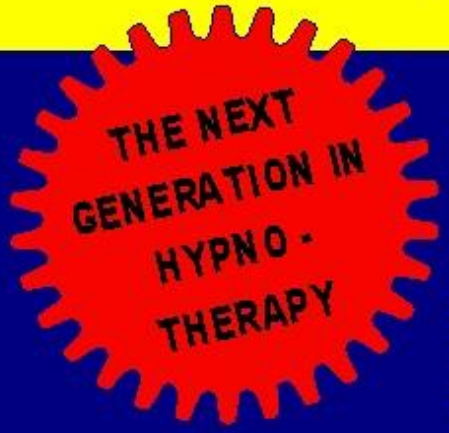

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Rene A Bastarache, CHI - Raluca E. Bastarache, CI, CHP

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HYPNOTHERAPY CERTIFICATION
Training Manual from A - Z

Basic & Advanced

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of
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Dear Friend,

Please accept this Hypnosis Training Manual as our gift to you. **There are two reasons we are giving this 446 page manual away for FREE.**

First: We want to give this book to as many as possible is to raise the bar in the general knowledge of hypnosis throughout the world. There have been countless misconceptions portrayed throughout the years about hypnosis. This manual will set all of those misconceptions straight. It will give you a working knowledge of how the mind operates and show you how you can use hypnosis as a positive tool to improve virtually "any" area of your life.

Second: It is our way of showing you what we have to offer here at the American School of Hypnosis rather than having you take our word for it. Consider it our "business card".
Take some time to study it and even try some of the techniques on your friends and family, especially the suggestibility tests.

If you decide you like what you see and would like to attend any of our certification trainings, please feel free to call to reserve your seat. I will look forward to meeting you then.

If you decide not to further your studies by attending with us then I would like to wish you the best in your goals whatever they may be. The knowledge in this manual will add to your life regardless of your occupation.

MY REQUEST: It is my goal to get this manual in the hands of as many people as possible so as to make as big a difference in the world as possible. I'd like to ask you to help me spread the word of this free offer by letting everyone you know about it. Believe me, they will thank you for it.

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http://www.choosehypnosis.com/free_hypnosis_training_manual.htm

It is my desire that we can spread this increase of knowledge throughout the world so all may benefit from it. The more you can understand about the workings of your mind the closer you are to attaining your goals.

Success in all your endeavors,

Rene A. Bastarache, CH!

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ABOUT THE AUTHORS

Author and Writer

Rene A. Bastarache, CHI,

Is the Founder of the American School of Hypnosis, which teaches basic and clinical hypnotherapy certification. He's an ordained minister and spiritual counselor with a Doctorate of Divinity. Mr. Bastarache specializes in success counseling and metaphysics.

In addition to being a board certified instructor of hypnotherapy certification to mental health professionals, doctors and lay people worldwide.

Mr. Bastarache is a board certified hypnosis practitioner, success coach and on the board of directors of the American International Association of Hypnosis. He is the author of: "Hypnosis Money Makers, Training Manual from A-Z", "The Comedy Hypnosis Bible" and co-author with his lovely wife Raluca of the "Clinical Hypnosis, Training Manual From A-Z" which is the primary curriculum of the American School of Hypnosis.

Mr. Bastarache regularly conducts speaking events for businesses, clubs and continuing education. He is available for public speaking events and group training or seminars worldwide. Born and raised in Biddeford, ME and he presently lives in Salem, MA.

"I'd like to welcome you and also congratulate you for your wise decision in taking the first step to beginning a new journey that will truly change your life and bring you rewards beyond your imagination."

Rene A. Bastarache, CHI

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Co-Author and Researcher

Raluca E. Bastarache, CHP, CI,

Is the Director of the American School of Hypnosis, which teaches basic and clinical hypnotherapy certification.

She is a board certified hypnosis practitioner and certified life coach with the American International Association of Hypnosis.

Mrs. Bastarache is also the owner of HypnosisSessions.com specializing in telephone life coaching as well as telephone hypnosis sessions worldwide. She conducts these specialized sessions utilizing a break-through system, which she and her husband in conjunction with various medical professionals and institutions have developed which has ensured a minimum of triple the success rate over conventional hypnotherapy. *(Details of this break-through can be found in this book)*

She is on the board of directors of the American International Association of Hypnosis. She is the author of the "Clinical Hypnosis Training manual from A-Z" which is the primary curriculum of the American School of Hypnosis.

Mrs. Bastarache is available for training, sessions and coaching in relationships and basic life issues worldwide. Born and raised in Iasi, Romania and she presently lives in Salem, MA.

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INTRODUCTION

The purpose of this remarkable manual is to respond to the need to fill in the many voids in hypnotherapy training today. It is simply the most comprehensive training manual available in the field of hypnosis to this point in time.

We are just scratching the surface of the many mysteries that are being discovered about the human mind. This book will help to inform you as a beginning practitioner of exactly what hypnosis really is, dispelling the many misconceptions propagated by the media, hearsay and misinformation.

Consider this FREE manual as our business card. It is a way to show the world the quality of training that we have to offer. Instead of simply making claims that we have the best training and curriculum available today, we are offering you this FREE manual as both a Gift and also Proof of our claims.

Take the time to read and study it. You may even want to try some of the suggestibility tests on your friends or family. You will learn a lot about them and how their minds work if you do.

Once you have taken the time to research and see for yourself we're sure you will agree with us that this is the leading and most complete text available on hypnosis on the market today.

I

From this point forward you will never look at things the same…

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FOREWORD

By Dr. Jane Greer

When Rene Bastarache asked me to write the foreword for *HYPNOTHERAPY CERTIFICATION -Training manual from A - Z*, I was very excited for two reasons. First of all I had the opportunity to enroll in one of Rene's Hypnotherapy Certification Course which utilizes the same materials included in his book. I found Rene Bastarache to be an outstanding teacher who is able to take the hypnosis training and present it to students in an extremely clear, precise and easy to learn manner. His ability to integrate clinical theory with direct hypnosis practice is superb as he simplifies the concepts and makes them easy to apply.

I am especially impressed with the way he takes the metaphysical aspects *(the unseen)* of hypnotherapy and incorporates them with the clinical aspects to create a more thorough understanding of what hypnotherapy really is and how to use it more effectively. Rene's use of stories, humor and past experiences makes the learning process truly dynamic.

The second reason I am excited about writing this forward is that Rene's book *HYPNOTHERAPY CERTIFICATION -Training manual from A - Z* will show everyone the depth and breath of both his vast knowledge and thinking. He is more than a Hypnotherapy Instructor. Rene is one of the leading, cutting edge thinkers in the growth of hypnotherapy today. I think this book has the capacity to be the definitive text in applied hypnotherapy. Rene's thoughts on self-image, creative visualization, stress and goal achievement are visionary and a must for anyone interested in excellence in professional as well as personal development.

It is my hope that you will get as much out of this experience as I did. Read this book and let it help you to harness the potential within you and others.

Dr. Jane Greer, *is a nationally known marriage and family therapist in Manhattan, NY and the author of:*

The Afterlife Connection,
Gridlock,
How Could You Do This To Me
& Adult Sibling Rivalry.

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SPECIAL THANKS

I would like to give a special thanks to my editors

To Marilyn Bolduc, CHT. I've known Marilyn for many years as a course graduate, peer and a friend; I very much appreciate her efforts. She was so patient in editing repeatedly after I added more and more materials to it.

To my mother Terri Bastarache. Retired as the owner of a successful Printing business, her input was quite valuable. Thanks Mom!

LEGAL NOTICE

The contents of this publication reflect the view of the author and are an accumulation of information gathered throughout his experience as a Hypnotherapist and an Instructor for many years. The author is not responsible in any way, shape or form for any loss or liability caused by utilization of any of the information presented in this publication.

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SURVEY QUESTION

What is hypnosis? (Before you begin, without going ahead in the book write your opinion of what you think hypnosis is. Once you have completed the course return to this page and answer the question again. I think you'll be surprised at the difference in your answers)

Answer Now:

_____
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Answer Upon Completion of Course:

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HYPNOSIS PRE-TEST

What is your present knowledge of hypnosis? Take the following test and grade it with the answers in the Appendix.

		(circle one)	
1.	Anyone of reasonable intelligence can be hypnotized.	True	False
2.	Only weak minded people can be hypnotized.	True	False
3.	You can stop smoking with hypnosis.	True	False
4.	The Hypnotherapist controls your mind.	True	False
5.	You are asleep in hypnosis.	True	False
6.	You can make people do things in hypnosis.	True	False
7.	You can get stuck in hypnosis.	True	False
8.	Strong minded people are not good subjects.	True	False
9.	Military people are easy to hypnotize.	True	False
10.	Only about 40% of society can be hypnotized.	True	False
11.	Hypnosis is like a truth serum.	True	False
12.	You must be deeply relaxed to be hypnotized.	True	False
13.	All hypnotists must have a strong mind.	True	False

How did you do?

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"Desire is the starting point of all achievement,
not a hope, not a wish,
but a keen pulsating desire,
which transcends everything."

Napoleon Hill

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CHAPTER 1

HYPNOSIS

The best way to describe what hypnosis is would simply be "being open to suggestions". If you think of it, throughout your day you are either open or rejecting. There is not half way, therefore you are in a light state of hypnosis most of your life. Even as you read this manual, if you are accepting the Information being taught willingly without being critical of it, you are in hypnosis.

Contents of This Chapter at a Glance.

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WHAT IS HYPNOSIS?

Misconceptions about hypnosis abound. Many fallacies can be traced back to the unfortunate early use of comedy hypnosis as a form of entertainment on stage and television. Leaving aside that rather specialized form of hypnosis, one way to view hypnosis is as a state of relaxation, confusion or concentration in which the conscious mind becomes remote or detached from everyday cares and concerns. In this relaxed state the subconscious part of the mind is best able to respond creatively to suggestion and imagery. It can focus on the things you wish to change and on the ways you can best do so, free from critical or anxious thoughts. You are, however, not asleep nor are you unconscious. You 'let things happen' through your subconscious mind rather than trying to make them happen with your conscious mind. Because you are relaxed or otherwise occupied mentally the suggestions given to you by the hypnotist will be acted upon more easily by the subconscious. Posthypnotic suggestions are those that will be carried out by you when you come out of the hypnotic state.

HYPNOSIS **-** *Funk & Wagnall's New World Encyclopedia*

An altered state of consciousness and heightened responsiveness to suggestion; it may be induced in normal persons by a variety of methods and has been used occasionally in medical and psychiatric treatment. Most frequently ***hypnosis*** is brought about through the actions of an operator, the hypnotist, who engages the attention of a subject and assigns certain tasks to him or her while uttering monotonous, repetitive verbal commands; such tasks may include muscle relaxation, eye fixation, and arm levitation. ***Hypnosis*** also may be self-induced, by trained relaxation, concentration on one's own breathing, or by a variety of monotonous practices and rituals that are found in many mystical, philosophical, and religious systems.

HYPNOS - *Encyclopedia Britannica*

Latin ***Somnus,***

Greco-Roman god of sleep. Hypnos was the son of Nyx (Night) and the brother of Thanatos (Death). He is variously described as living in the underworld, in the

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land of the Cimmerians, or in a dark, misty cave on the island of Lemnos. The waters of Lethe, the river of forgetfulness and oblivion, flowed through this chamber. Hypnos lay on his soft couch, surrounded by his many sons, who were the bringers of dreams. Chief among them were Morpheus, who brought dreams of men; Icelus, who brought dreams of animals; and Phantesus, who brought dreams of inanimate things.

In Homer's *Iliad,* Hypnos is enlisted by Hera to lull Zeus to sleep so that she can aid the Greeks in their war against Troy. As a reward for his services, Hypnos is that Pasithea one of the Graces, to wed.

Hypnosis - *Webster dictionary*

Main Entry: **hyp·no·sis**
Pronunciation: hip-'nO-sis
Function: *noun*
Inflected Form(s): *plural* **hyp·no·ses** /-"sEz
Etymology: New Latin
Date: 1876
1 : a state that resembles sleep but is induced by a person whose suggestions are readily accepted by the subject
2 : any of various conditions that resemble sleep

Have you ever been hypnotized?

We are continually subjected to subconscious suggestions in our daily lives. If you have ever found yourself at the checkout counter not knowing why you put something in the basket this may be the reason.

We are constantly given suggestions by:

- Parents
- Teachers
- Peer pressure from friends
- Politicians
- Religion
- Newspaper and television - advertising for example tries to persuade us to do

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things i.e. buy a particular product.

If you have ever bought something from a salesman and it was not what you really wanted? Have you ever responded to an ad by buying something that you had not considered buying before you saw it? If you have then you were hypnotized.

Our conscious mind often stubbornly clings to known behaviors and symptoms even if they are negative and interfere with our peace of mind and quality of life. It is a creature of habit or status-quo.

THE MIND

The human mind is like an onion … it has many layers *(to coin a phrase from the movie Shrek)*. The outer layer is our conscious mind which helps with our daily decision making processes working according to the reality principle. It is intelligent, realistic, logical and geared negatively. This can best be seen when someone compliments you. However, it can only deal with a few things at any one time and is easily overloaded.

The subconscious or main hidden layer of the onion works on 'auto pilot' i.e. reacting according to the pleasure principle in that it seeks to avoid pain and obtain pleasure and survival, regardless of external considerations. It is concerned with our emotions, imagination, and memories as well as our autonomic nervous system which controls our internal organs automatically. These four main functions are very closely interlinked, in other words the mind affects the body and the body affects the mind. It is powerful and very clever at dealing with many complex instructions at any one time but is not 'intelligent'. It tends to act and have the reasoning of a four year old child. It has a strong desire to help and facilitate change but is very naive as to the proper way to do so.

Each hemisphere of the brain has very different attributes or functions. Study the following chart to better understand the function.

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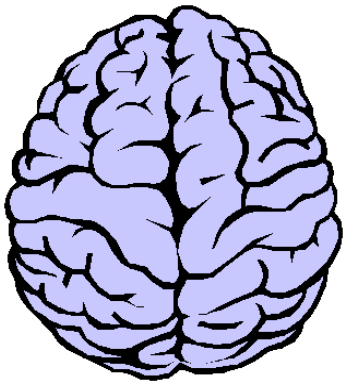
Conscious Mind	LEFT RIGHT	Subconscious Mind
Logic		Recognition
Reason		Rhythm
Mathematics		Visual
Reading		Imagery
Writing		Creativity
Language		Dreams
Analysis		Symbols
Ego		Emotions

CONSCIOUS MIND

This is the part of your mind that has to figure things out with it's limited abilities. It is about 5% of your mind. Even Einstein used only about 6% of his mind consciously. This is the part of the mind that sometimes has a hard time walking and chewing gum at the same time.

The conscious mind is our short term memory, it is logical, analyzes things, a creature of habit, is self aware and the decision maker. It is the part of the mind that is "in charge".

In order to make positive changes and become mentally fit you must be consciously aware of the need for change, be motivated to get better, and believe you can achieve the goal. We all know that getting your body into shape involves more than merely thinking about going to the gym. Mental fitness calls for the same level of dedication. So in order to make these positive changes, the process of hypnosis is utilized to bypass the negative conscious mind and bring the suggestions directly to the subconscious mind which always hears, always pays attention and is anxiously awaiting instructions on how to help the proper way.

To understand the relationship of the conscious mind as it relates to the subconscious mind I will use this analogy. Imagine the captain of a submarine as the conscious mind. The captain is the one who makes all of the decisions in regards to destination and maneuvering. He is the only one who sees where he is going through the periscope. On the other hand, the large crew that are actually navigating the

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submarine would be similar to the subconscious mind. The crew react to all of the orders given by the Captain. Since they cannot see where they are going, they must rely completely on the decision making capabilities of the Captain. They are unable to make proper decisions on their own independently and their function is to simply react to the commands of the captain and follow his instructions.

This is how the mind works. The conscious mind is completely in charge and makes all the decisions. The purpose of the subconscious mind is to react immediately to the commands that are given to it from the conscious mind and rely on its decision making capabilities completely. The subconscious mind is where the power comes from and without it the submarine will not function. The subconscious mind is subject to the conscious mind.

SUBCONSCIOUS MIND

We often use self-suggestion in everyday life in the form of spontaneous thoughts or observations. Thoughts such as "I cannot stop smoking, no matter how hard I try", or "I'll never be able to do this" are often powerful but very negative self-suggestions.

The subconscious mind is our long term memory. It is approximately 95% of our mind. It is the most powerful computer ever devised. It is capable of running multiple tasks simultaneously, it does not judge, criticize, analyze or reject. It acts quickly but many times not properly. It is emotional and unaware. It does not understand nor have a sense of humor and takes everything literally.

Our subconscious mind also seems to be innocent and naïve. It wants to help us as much as possible and tries to help in the best way it knows how. However being on the intelligence level of a four year old child many times it does not help us the proper way and needs to be directed.

Once something becomes familiar, it becomes part of the subconscious mind. We do so many thing subconsciously each day that we do not even realize. Here are some examples of things that we do subconsciously everyday.

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Subconscious activities that became habits

Recite the alphabet - If you were to recite the alphabet it would probably only take you a few seconds and many people even sing it as a song as they recite it. You don't even have to think about it consciously. However if you were to recite half the alphabet… every other letter… it would take you a much longer time because you are not use to this and have to think of it on a conscious level, even though you are only stating half of the letters.

Simple addition and math - Example… As quickly as you can answer these questions. What is 2 +2 = ?, 4 + 4 = ? , 2 x 2 = ?, 5 x 5 = ? Those were all very easy and you didn't even have to think about them. They were stored in the subconscious mind for retrieval when needed. Now lets do one more… 86 x 374 = ? This one you have to do consciously.

Scratch your nose or sneeze - Do you just do it automatically or do you think … I need to scratch my nose … bring my hand up to my nose ... Put out my index finger … scratch up … down … up … down… Now put my hand back down.

Typing - Many people can type almost as fast as they read. It almost seems as if your fingers know where the keys are and have a mind of their own.

Remembering your phone number or D.O.B. - Think about how fast you recite your phone number or your birthday because it is in the subconscious … now think about how quickly you remember your friends or families phone numbers and dates of birth.

Beyond a computer

The subconscious mind, like a computer, can make conscious judgments and figure things out without given every detail or all the available information. It does

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this by ciphering patterns, relying on past experiences, taking shortcuts and reading clues.

Teasers

Here are some interesting mind teasers that will help you to understand some of the remarkable abilities of the subconscious mind:

Read the following paragraph and see how the mind seems to figure things out…

Yuor sucbsoncuois mnid is so fmialair wtih the wrdos taht you raed taht it can roceiznge the wdros eevn if tehy are not sellepd coretcloy. As lnog as it has the bsacis scuh as the frist ltteer and the lsat lteter of the wrdos are there you can frugie out the rset on your own sicne wehn you raed you do not look at ervey ltteer.

When you read you do not read every single letter. Your mind has the ability to skim over the words and make an assessment of what it must be. This is usually done in speed reading.

---

*Read the following paragraph to yourself **"once only"**, counting all the f's.*

Finished files are the result of years
of scientific study combined with
the experience of many years.

How many f's? ___

Once you have finished the exercise, read this:
Now read the paragraph and count the f's again and this time notice the words "of". Now, how many did you get?

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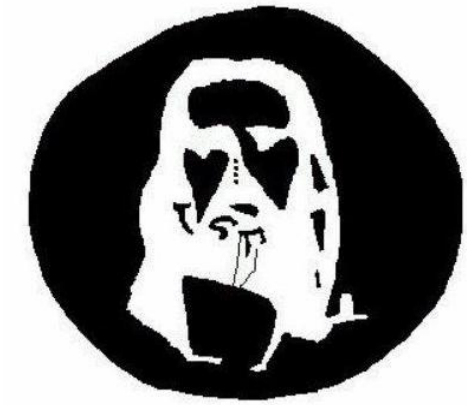
Relax and concentrate on the 4 small dots in the middle of the following picture for about 30 seconds.
Then, close your eyes and tilt your head back slightly.
You will see a circle of light developing
Keep your eyes closed and you will see something emerging.



A hallucination? What did you see?

Do you see a young woman or an old woman?

A negative hallucination - In order to see one of the woman, you must let go of the image of the other.

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HISTORY OF HYPNOSIS

Hypnosis has been around since the dawn of recorded time and at least to the time of the ancient Babylonians, Greeks and Egyptians. Hypnosis is named after the Greek word for sleep, hypnos, although the actual state of hypnosis is very different from sleep. It has, however, been called different names, by different cultures, different religions, and different individuals. The use of chants, drumming, and monotonous dancing rituals to change or alter consciousness fall under the definition of hypnosis. Such methods have been used successfully by the Druids, Vikings, Indian Yogis, Hindu priests, and holy men of all religions and denominations for centuries. In 2600 BC, the father of Chinese medicine, Wong Tai, wrote about techniques that involved incantations and passes of the hands. Accounts of what we would now call hypnosis can also be found in the Bible and The Hindu Vedas written about 1500 BC.

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HISTORICAL DATES AND PEOPLE

1734 -1815: Dr. Franz Anton Mesmer - Mesmer's dissertation at the University of Vienna (M.D., 1766), suggested that the gravitational attraction of the planets affected human health by affecting an invisible fluid found in the human body and throughout nature. In 1775 Mesmer revised his theory of "animal gravitation" to one of "animal magnetism," wherein the invisible fluid in the body acted according to the laws of magnetism. According to Mesmer, "animal magnetism" could be activated by any magnetized object and manipulated by any trained person.

Dr. Franz Anton Mesmer, an Austrian doctor recognizing the healing ability of ancient shaman and later develop the theory of animal magnetism.

Accused by Viennese physicians of fraud, Mesmer left Austria and settled in Paris in 1778. There he continued to enjoy a highly lucrative practice but again attracted the antagonism of the medical profession, and in 1784 King Louis XVI appointed a commission of scientists and physicians to investigate Mesmer's methods; among the commission's members were the American inventor and statesman Benjamin Franklin. They reported that Mesmer was unable to support his scientific claims, and the mesmerist movement thereafter declined.

Whatever may be said about his therapeutic system, Mesmer did often achieve a close rapport with his patients and seems to have actually alleviated certain nervous disorders in them. More importantly, the further investigation of the trance state by his followers eventually led to the development of legitimate applications of hypnotism.

1784: Count Maxime de Puysegut discovered a form of deep trance he called somnambulism.

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1795-1860: James Braid - British surgeon and a pioneer investigator of hypnosis who did much to divorce that phenomenon from prevailing theories of animal magnetism.

Braid introduced the term "hypnosis"

In 1841, when well established in a surgical practice at Manchester, Braid developed a keen interest in mesmerism, as hypnotism was then called. Proceeding with experiments, he disavowed the popular notion that the ability to induce hypnosis is connected with the magical passage of a fluid or other influence from the operator to the patient. Rather, he adopted a physiological view that hypnosis is a kind of nervous sleep, induced by fatigue resulting from the intense concentration necessary for staring fixedly at a bright, inanimate object. Braid introduced the term "hypnosis" in his book *Neurypnology* (1843). He hoped that hypnosis could be used to cure various seemingly incurable "nervous" diseases and also to alleviate the pain and anxiety of patients in surgery.

1808-1859: A British surgeon in India, James Esdail, performed 2,000 operations, even amputations - with the patients under hypno-anesthesia and feeling no pain.

1856-1939: Sigmund Freud, father of cathartic method, free association and psychoanalysis, become interested in hypnosis and began to practice it. Not being very good at it, he went on to develop psychoanalysis instead!

1857-1926: Another Frenchman, Emile Coue, pioneered the use of autosuggestion and these of affirmations e.g. 'Day by day in every way I am getting better and better'.

Although stressing that he was not primarily a healer but one who taught others to heal themselves, Coué claimed to have effected organic changes through autosuggestion.

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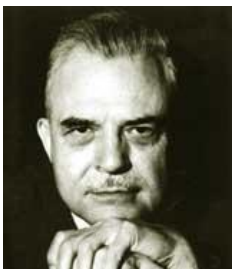
1894 : Svengali - The name Svengali has come to designate an authority figure or mentor who exerts great influence, often evil, over another person. Its source is a fictional character, the villain of the romantic novel *Trilby* (1894) by British author George du Maurier. In the novel, a young woman named Trilby O'Ferrall falls under the spell of Svengali, a magician who through hypnosis transforms her into an acclaimed singer whom he manages. Trilby lives entirely under Svengali's control until he dies; she then loses her voice and fame.

1901-1980: Milton H. Erickson MD, the recognized leading authority on clinical hypnosis, a master of indirect hypnosis, was able to put a person into a trance without even mentioning the word hypnosis.



1925-1947: Use of hypnosis in dentistry developed in the US.

1950s Both the British Medical Association and the American Medical Association issued statements supporting the usefulness of hypnosis as a form of therapy.

1958: The Catholic Church accepted hypnosis as legitimate therapy.

1958: British Hypnotherapy founded.

1962: A brain operation was performed under hypnosis in Indianapolis in the US.

1968: The British Society of Medical and Dental Hypnosis was founded, exclusively for medical doctors and dentists.

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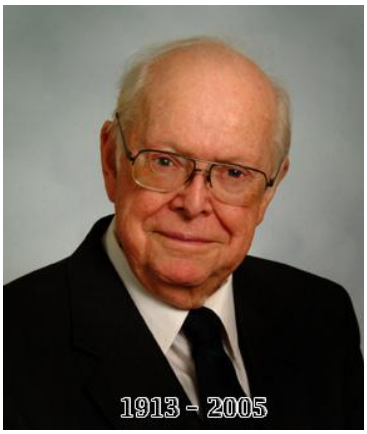
1913 - 2005 The Legendary Ormond Dale McGill , known world-wide as The Dean of American Hypnotists, was born in Palo Alto, California. Actively involved in the field of hypnotism since 1927, McGill received international acclaim for his over 25 innovative classic books, pioneering the integration of hypnotism, meditation and creative hypnotic strategies. Ormond was a magician and hypnotist of international acclaim, and toured many parts of the world with his exciting stage shows. He was one of the first stage hypnotists to perform on radio and television helping to propel this field immeasurably into the eye of the public.



Dean of American Hypnotists

"Years ago I had the opportunity and privilege to become acquainted with this wonderful man. Throughout my association with Ormond I have had the honor to learn from him, be hypnotized by him and even see him perform both magic and comedy hypnosis. He was truly a dynamic human being and will be missed."

Rene A. Bastarache, CHI

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"When the imagination and the will power are in conflict, are antagonistic,
It is always the imagination which wins, without any exception."

Emile Coue

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CHAPTER 2

SUGGESTIBILITY TEST

While anyone with reasonable intelligence can be hypnotized, not everyone is hypnotized the same way. In order to be successful in your treatment you must test your client to find out how their mind works and then hypnotize them accordingly. The way you will do this is through suggestibility test.

This section will explain and walk you through the process of testing your client and deciphering the information you receive to best treat them.

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THE PURPOSE OF

1. **To classify subjects** - The suggestibility test allows you to evaluate your client as to their level of how open they are. Are they hesitant, rebellious or extremely open to suggestions?

2. **A preconditioning tool** - The tests will warm up your client and prepare them for the upcoming session. If done properly, with enough confidence, they will create a state of expectancy in the client which will be very favorable for you.

3. **Provides clues** - As a result of the subject's response you'll be supplied with the clues that will tell you whether they are analytical or not analytical thereby showing you the best inductions and procedures to use for the session.

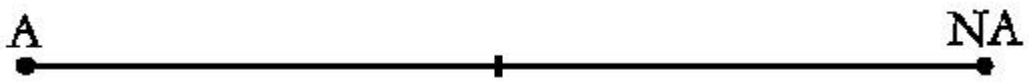
There are two types of preliminary test.

Authoritative - Which is done in a forceful, domineering, direct manner.

Permissive - Which is done in a soft-spoken, not forceful, yet persuasive manner.

ANALYTICAL VS. NON-ANALYTICAL

While anyone with reasonable intelligence can be hypnotized, not everyone is hypnotized in the same manner. There are two major categories that your clients are going to fall into. They are analytical or non-analytical. The way that you are going to find which one your clients fall into is going to be by performing suggestibility test. Very rarely will you find someone who is either 100% analytical or 100% non analytical, so as a result of the test they will fall somewhere on this scale below between the two points.



As a result of the suggestibility test, those who follow your instructions and respond well would be placed on the non-analytical side. Also those that react quicker would be placed more to the right side of the non-analytical side and those

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who reacted slower which would be placed more towards the center according to how slow or little they reacted. Those who do not react to your suggestions or react very little would be placed on the analytical side, placing those who react very little, more to the center and those who do not react at all along the scale going towards the left.

Now that you have found where your client ranks on the scale the next step is knowing how to decipher the information. How would you explain what you have found and what this means to your client? First of all depending on which side of the scale they end up on, this would tell you whether you need to use an analytical or non-analytical approach. For non-analytical clients, all you need to do is to relax them to bring them to a hypnotic state. For analytical clients you will have to use a different approach of keeping their minds busy.

The tests

Where it is true that anyone with reasonable intelligence can be hypnotized, not everyone is hypnotized the same way. Just as there are many different types of people there also many different ways of hypnotizing them. If you hypnotized everyone the same way you would find that many of your clients would not be affected by your sessions. This is a big problem that many experienced Hypnotherapist run into because it seems that the longer we stay in business and get set in our ways the more that we seem to forget or neglect the basics.

This is where suggestibility tests come in. If you need to know exactly how to hypnotize someone, all you need to do is to tests them. These test are extremely accurate and will give you much information about your client. In addition to helping you to classify your client as to the best way to hypnotize them, these tests will also help you to find important clues about your clients, and most importantly they will work as a preconditioning tool, which will set the entire success of your session into motion, if properly done.

There are several ways to conduct these test. Try different variations until you are successful.

1. **Authoritative** - This is a way you take control of the test and use authoritative words and mannerisms directing the client what to do. Depending on the test there may even be points where you'll speak more loudly to catch their attention.

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2. **Permissive** - This is where you will conduct the tests using non-authoritative words as if asking their permission. It is a much less threatening way to conduct the tests.

3. **Relinquish control to client** - In some cases when conducting a test you may find that neither the authoritative nor the permissive approach will work. In this case you may want to try to relinquish control verbally by telling the client that it is the power of his or her subconscious mind that is doing the task. Tell them to take control of their strong subconscious mind and do whatever the task is.

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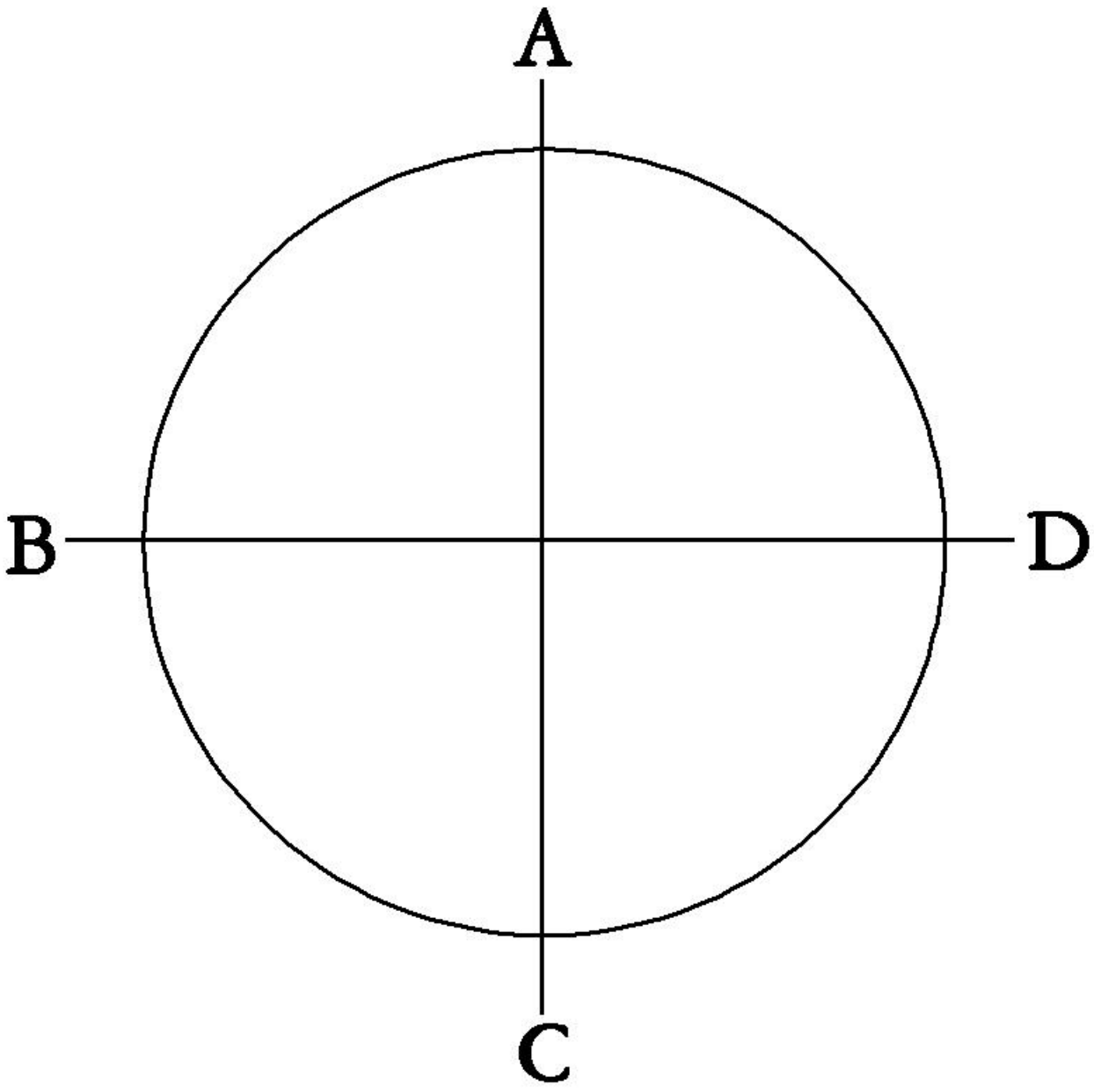
The Pendulum Test



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Chevreul's Pendulum Test (Suggestibility test)

The pendulum test is an excellent test to use with children as well as other clients. The nice thing about the pendulum test is that it is successful with most everyone.

Stand comfortably in front of the pendulum chart, holding the end of the chain of the pendulum, between your thumb and forefinger of your right hand with your left hand down to your side. The pendulum should be placed about one half inch above where the X crosses in the middle of the circle. This is the best positioning.

Test verbiage: "Without consciously moving the pendulum ask the pendulum to move from left to right, from B to D, and as your eyes are going back and forth from B to D notice how the pendulum begins moving back and forth along the line also. And as you concentrate on the pendulum moving back and forth from B to D you can even make it swing wider and wider. Now, with the power of your mind ask the pendulum to change direction and go up and down from A to C that's right from A to C, up and down. Now concentrate on the pendulum changing direction again and ask it to travel in a circular motion clockwise, from A to D to C an B continuing in a circle growing larger and larger as it continues to go clockwise. This is the power of your subconscious mind, moving the pendulum. Now concentrate on the pendulum reversing direction and traveling counter clockwise, A , B, C, and D and as you concentrate on the pendulum making the circle larger you'll notice that it actually begins to swing in a bigger and bigger circle. Very good, you have a strong mind."

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This test is named after an early French hypnotist, Michael-Eugene Chevreul who spent 20 years studying the subject of pendulums. In fact even today the pendulum is often referred to as the "Chevreul's pendulum".

Chevreul decided to test if the movement of the pendulum was caused by involuntary muscular responses of the arm. He did this by supporting his arm on a block of wood at various places from his shoulder to his hands. The movement of the pendulum decreased the closer the block of wood got to his hand, and in fact, stopped completely when the fingers that were holding the pendulum were also resting on the piece of wood.

This could have ended the matter for Chevreul, but one thing bothered him. He found that by gazing at the pendulum as he used it he would enter a different state of awareness. He concluded that there was a definite relationship between the thoughts of the operator in the movement of the pendulum. Chevreul could have taken this a step further, but his conservative, scientific background, would not allow it, and his ultimate findings were negative.

This is an excellent test because it is successful with most clients. It is non threatening and children really enjoy it.

Non-analytical response: The pendulum moves freely and noticeably in each direction you direct it to.

Analytical response: The pendulum moves very little to not at all.

Depending on how your clients pendulum reacts it will also give you clues whether to speak to them in a permissive or authoritative manner as well as if you should relinquish control to them stating that it is "their" strong mind that is moving the pendulum. Sometimes, just saying this will make the difference if the pendulum moves or not.

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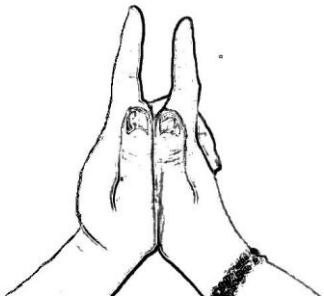
Finger Test



"Sit back comfortably in your chair, lift both your hands and clasp them together as if you are praying … extending your index fingers upwards holding them about an inch to an inch and a half apart. Concentrate on the space in between your fingers and as you concentrate on that space I want you to imagine that I am placing a big thick tan rubber band around your fingertips, and as I let go of the rubber band, you notice how it's pulling your fingers closer and closer together, closer and closer … tighter and tighter. The rubber band's pulling them tighter and tighter and closer and closer as your fingers come closer together … visualize it and see the rubber band clearly, as your fingers come closer and closer together until they eventually come together and touch … and once they touch you can put your hands down."

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Non-analytical response: The fingers move together and touch.

Analytical response: The fingers do not move at all or very little.

There are three results for this test. If your clients fingers go together fairly quickly they are considered non analytical. If they stay straight up and do not go together at all or they move just a little bit then they are analytical. In some cases their fingers will actually go the opposite direction, in this case it usually means that your client is either fighting your suggestions or is still very nervous or scared. If this happens you should take a few moments to find out what is going on such as what they are afraid of or why are they resisting you. As you can see as a result of this test there is no pass or fail… no matter how they respond the test tells you much about their makeup.

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Arm Rising and Falling Test

This is a very effective test that I use for almost all of my clients. Have your client stand up facing you with their feet a comfortable distance apart then say.

"Close your eyes and extend both your arms out in front of you … with your right hand make a fist with your thumb pointing upwards, and with your left hand, extend your fingers outward with your palm facing upwards. Now close your eyes and use your imagination and imagine that in your right hand you are holding the strings connected to a group of 15 ... Big … 25 inch colorful helium balloons, as you know helium is a gas that rises and you can feel them pulling your right arm upwards, so light and weightless … as you feel them pulling your right arm up, up, up … and on top of your left hand I am placing five … very large … heavy encyclopedias. You can feel the weight of the encyclopedias pulling your left hand down … down … down … you might even feel some discomfort in your upper arm from the weight of the encyclopedias as they pull your arm down … right arm up …up …up … left arm down … down …down … In just one moment I'm going to drop another heavy encyclopedia on top of the pile you already have on your left hand … on the count of three, 1 . . . 2 . . . and . . . 3 (as you say three snap your fingers at the same time) … now open your eyes and look at your arms."

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Non-analytical response: Their arms move freely in the different directions. They may even tell you at the end of the test that they actually felt pain in their upper arm from the weight of the encyclopedias. Usually when you snap your fingers as you add the last encyclopedia you'll visibly see their arms drop as soon as you snap.

Analytical response: Their arms moved very little or not at all.

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Postural Sway Test

This is a great test to be conducted on a non analytical client to create expectancy.

Test verbiage: "I'd like you to stand up in front of me facing the wall with your arms to your side, with your toes and heels together. I'd like you to close your eyes and imagine that your entire body is stiff from head to toe like a tall piece of wood (at this point I would rock them gently forwards and backwards a couple times just to make sure that they understand the concept). Now I am going to place my foot directly behind your heels to make sure that your feet do not slip backwards. I want you to use your imagination … I'd like you to imagine that there is a steel bar embedded in your shoulders, a solid steel bar … just imagine it … I'd also like you imagine that my hands are the most powerful magnets in the world … just like the big magnets that pick up cars in the junkyards. In just a moment I'm going to pull my hands backwards and you'll feel a strong magnetic pull, pulling your whole body backwards … you will feel your body fall backwards but I will catch you so don't worry … you are very safe. Now concentrate on the steel rod and the magnets in my hands ... as you feel the magnet pull your body back further and further … concentrate … use your imagination and feel that magnetic pull … pulling you all the way back until your body falls, and I catch you nice and safe."

The postural sway test should only be done as an additional test to a subject that

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you suspect is non-analytical. In most cases the analytical subject will not respond at all to this test, leaving them to feel as if they failed. You always want your clients to feel as if they passed the test so as to begin setting up expectancy.

It is important to realize, even though your subject may feel they passed or failed the test that there is no **pass or fail**. If they respond favorably to the test you realize that they are non analytical. If they do not respond favorably to the test then you know that they are analytical. Either way, they passed the test, because it showed you the results you needed to know.

When conducting this test, stand directly behind your client with the out-step side of your feet touching the heels of theirs so as to brace them. *(If they are wearing high heels they must take them off.)* They should be standing with their feet and heels together. Set your feet wide apart as in a karate stance so as to have the leverage when they fall back to catch them without falling yourself. Begin with your hands touching their shoulders and as you pull your hands back slowly you will notice their body begin to move also and eventually fall backwards into your arms.

Hand Clasp Test - Authoritative test

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This test must be done in an authoritative manner for it to work properly. This test also works great for multiple people at the same time, such as in group sessions or even a comedy hypnosis show. Have your client stand facing you with their feet a comfortable distance apart and say.

"Place your arms straight out in front of you while you are facing me, locking your elbows, with your hands and palms clasped tightly together. If you follow my instructions and use your imagination, on the count of three you will not be able to separate your hands. 1 . . . imagine that your hands are glued tightly together, so very tight that you will not be able to separate them . . . 2 . . . hands clasped tighter and tighter and you notice as you focus on the thumb knuckles that they are turning whiter and whiter, tighter and tighter, you will not be able to separate them . . . And . . . 3 . . . (now say this in a loud authoritative voice) **you cannot separate them, try . . . you cannot . . .** and now stop trying and relax."

The hand clasp test is a great test to perform at a stage show or a function with

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many subjects as most of them will respond favorably which can have a very dramatic effect on the audience. It can also be quite effective on an individual subject and in both situations should be done authoritatively to have the best results. Towards the end of the test, where you see the bold print stating "**you cannot separate them, try … you cannot …** ", be sure to state that part in a louder, authoritative manner. That will make the difference between your subject performing it favorably or not.

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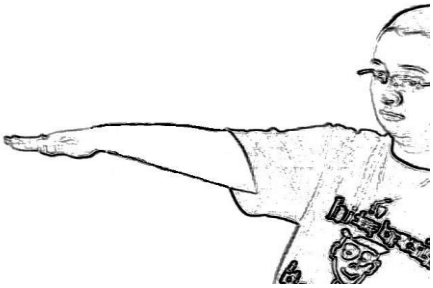

Locking Elbow Test

This test must also be done authoritatively. Have the client stand facing you and say . . .

"I'd like you to stand facing me, and place your right arm straight out with your elbow locked and fingers extended. On the count of three if you follow my instructions and use your imagination you will not be able to bend your arm at the elbow . . . 1 . . . concentrate on you arm and imagine it as a solid steel rod from your shoulder all the way to your fingertips . . . it will not bend . . . 2 . . . from your shoulder to your fingertips . . . one solid piece of steel . . . it's as if it's not even part of your body anymore, a solid steel rod , you cannot bend it . . . and 3 (say this in a loud authoritative voice) try to bend it **you cannot, you cannot!** … and stop trying."

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Body Sway on Ground

(This is not a real test, it is used as an ice breaker in a comedy show, do not use it with your individual subjects unless you do not want to get paid!)

This one is best done with multiple clients at the same time. For this one you would say to your clients, "I'd like you to all stand side by side facing me with your arms extended outwards… I want you all to kneel on your right knee as you bring your hands downward …placing them on the ground … as you do this you can also put your left knee on the ground. Now everyone sway your body back and forth and say mooooooooo. (Pause for a moment and then say) There is absolutely no reason for this, I just wanted to see if you would do it.

I have used this many times as an icebreaker at the beginning of a talk or a show, especially with a younger group such as high school or college students.

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"If you believe in what you are doing,
then let nothing hold you up
in your work.
Much of the best work of the world
has been done against
seeming impossibilities."

Dale Carnegie

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CHAPTER 3

CLASSIFICATION OF CLIENTS

The human mind can be broken down into two categories that are vital to understand in conducting hypnosis. They are analytical and non-analytical.

This chapter will guide you through the understanding these categories so you will be better prepared in rendering treatment to your clients.

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CLASSIFICATIONS OF CLIENTS

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ANALYTICAL VS. NON ANALYTICAL

Here are a couple scenarios you can use to show your clients what you have found as a result of the test. In the scenarios you'll be showing your client how you have categorized them, and it will also show them that you understand how their mind works. This in turn will give your client confidence that you understand them thereby causing expectancy that the hypnosis session will be successful.

Here's how you would explain it.

Scenario one - (for a non-analytical results) "If you were invited to a party with friends or relatives, people that you enjoyed being with, at someone else's house, your personality would be … You would relax, have a good time and enjoy the humor and entertainment that is going on. Depending on how non-analytical you are would determine how much of a fun time you would be having such as if you are extremely non-analytical you would probably be the center of attention while those who are less analytical would just sit back and be enjoying the entertainment. It is easy for you to un-wind and let go at functions like this.

(for an analytical result) If you were at this same party your personality would be … You would probably stand up every time someone came near you to introduce yourself, then as soon as you sat down you jump up to give somebody a coaster for their drink, then you would sit and be right up again to probably straighten out a crooked picture on the wall, then you would sit and stand up again to see if you could help someone with something. You are the kind of person who cannot sit down and relax. You always have to keep busy doing one thing or another and most non-analytical people would probably find you very annoying."

Scenario two - "If you were an accountant about to do my accounting and you knew it would only take you one hour to do the job but you had five hours to do it in, here's how you would do it … (for a non-analytical result) You would probably get the job done in an hour and a half or so and you would do as good a job as anyone else would, however if the phone rang you would take a few moments to answer the phone, if the doorbell rang you would go to the door to see who was there and speak to them for a few moments. You would probably play some soft enjoyable music in the background and maybe even have a soda, coffee, or your favorite drink to enjoy while you do the work.

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(for an analytical result) You would most likely get the job done in exactly one hour. You would be so intent on finishing the job quickly and on time that you may even break a pencil or two in the process. If the phone rang you would let the answering machine answer it. If the doorbell rang you would either ignore it or ask someone else that was in the house to answer it for you. You would not play music in the background and you would most likely not have anything to drink while you're doing the job. Your mind is set on finishing the task."

After you explain which one was appropriate to your client they will be amazed at how well you seem to understand them. They may even think that you are psychic.

The basic difference between the two is that non-analytical people can enjoy themselves while they are doing their tasks and analytical people are more concentrated on performing their task, thinking that they can relax later on, but later never seems to come. Sound familiar?

HOW THE MIND WORKS

Guard - negative conditioning

Here is a simple way to explain how the mind works to a client. Picture a doorway beside you. Let's imagine that this doorway is the doorway that enters your subconscious mind. Now imagine that there is a British guard in front of the doorway guarding it with a rifle. This British guard represents your conscious mind. Anything that is said to the subconscious mind he will stop before it enters. One of the main problems with the conscious mind is that it is geared very negatively. As an example if I told a woman "You are the most beautiful woman that I have ever seen", or a man that "You are the most intelligent person I have ever met", most people upon hearing such a positive comment such as those would immediately rebel thinking to themselves. "What's he trying to sell me?" or "OK, now what's the catch?" We immediately go on the defensive from hearing such a compliment. Even though the person saying the comment may have meant it, most of us have such low self-esteem that we will not accept it or we think there is an alternative motive behind it.

The conscious mind is a creature of habit, it tends to keep the status quo rather than make any drastic changes. Even though something may be good for it, it tends to

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stay the same way because it is comfortable or familiar with the way it is. Such as smoking for example, you can tell your conscious mind to stop smoking over and over again and that conscious guard will put up his weapon fighting off the suggestions to quit smoking, rationalizing to itself things such as "I don't want to quit, I am happy just as I am, I don't care about cancer, I don't care if it causes lung disease, it doesn't matter if it makes me weak, I'm going to die someday anyway." It seems like no matter how many positive comments you get … it will continue to fight them off. This is why it is so hard to make positive change such as smoking cessation or weight loss with most non hypnotic programs.

Now going past the conscious guard into the room, you'll find the subconscious mind. The subconscious mind is the most perfect computer ever made. Every sight, sound, smell, taste, everything you've experienced since you were born is logged in perfect clarity in your subconscious mind. Now here's the problem, imagine your subconscious mind being operated by a four year old child. He is innocent and naïve. He wants to help you but just doesn't know the best way to do it. Therefore they try to help you the best way they know how. A good example of that would be someone getting in a bad automobile accident. The subconscious mind wanting to protect this person may think that the best way to protect him is to cause a panic attack so this person will never leave the house again to get in a car. To a child it may seem like the best solution. Or another example would be someone who has a serious problem with gambling. A four year old child may think that the best way to eliminate this problem is by making that person lose his job so he has no money to spend. You can see where the subconscious mind really wants to help but may be completely missing the boat. Your job as a Hypnotherapist is to get past the conscious mind into the subconscious mind. Once there you must give the subconscious mind detailed instructions on how to solve the problem. Once the subconscious mind has the proper solution and realizes the error of its ways … it will quickly change course and use the proper solution, because remember a four year old child wants to help you as much as it can. The subconscious mind wants to help you to solve your problems and to be a functional member of society. Once the proper suggestions has been given and accepted by the subconscious mind you now have 95% of your mind working for you in comparison to the mere 5% of the conscious mind which constantly seems to be in a rebellion mode.

This brings us back to the conscious mind or guard. How do we get suggestions past the guard?

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NON ANYLITICAL - There are two basic ways of doing this, in most cases all we have to do is relax the mind which will work for about 80% of society. These are who we call the "non-analytical" people. By giving suggestions of relaxation you can imagine that British guard just sitting down with his weapon going across his lap as you easily pass by him into the room of the subconscious mind. The guard is not asleep or unconscious; he is simply relaxing and in most cases is so relaxed that all the fight is gone out of him. This is very similar to when you come home after a long day of work, you sit back in the recliner, turn on the TV and just let yourself escape into your favorite television show or listen to your favorite music giving your mind a rest. During the middle of this deep relaxation your child comes in and asks you if he or she can have a cookie. You were so relaxed you may mumble something but not even realize that they were there. Some people call this "zoning out". It's just that simple; by relaxing totally the suggestions are able to get past the conscious mind into the subconscious where they can be acted upon.

ANALYTICAL - As for the other 20% of society, they are classified as analytical people. The analytical mind is one that is very difficult to relax. It enjoys keeping itself busy. By using relaxation techniques it will become bored or restless and in most cases will not react favorably to deep relaxation. With these people you want to use a different technique which is keeping their mind busy or occupied. Imagine yourself trying to do your taxes and have a conversation with a child at the same time especially if you are on a deadline, you find yourself so focused on your job that it is almost impossible to keep both things going at once. In order to finish your taxes you must focus on it neglecting the conversation or the other way around. This is the same principle we use to hypnotize the analytical mind. We give it a job to do. Imagine the guard writing facts and figures on a blackboard … As he is doing his task you are simply walking behind him carrying the suggestions into the room to the subconscious mind. The conscious mind knows you're there, it can hear you and even see you but it is so involved in the task that it is doing that it allows you to go past with little to no hindrance whatsoever.

In summary, to hypnotize the non-analytical mind, relax it. To hypnotize the analytical mind, keep it busy. It is important to realize that the analytical approach works on both categories and the non-analytical approach works mostly on the non-analytical people. Neither client is more difficult than the other, they are just hypnotized differently. This is why suggestibility tests are so important, so you can find the proper way to hypnotize your client.

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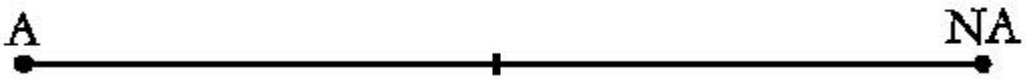
THE SCALE

Below is a guide to help you chart where your client sits on the scale so you can know the best way to hypnotize them. It is important to know that rarely will you find someone who is 100% analytical or non-analytical. They will fall somewhere in between on the scale. When they are tested, depending on the severity of their response will determine how far in each direction away from the center you will put them. This is also a good tool to use once you have determined where your client sits on the scale as a visual aid to explain the process to them if desired.



Below you will find an analytical body scan as well as an analytical induction. These are designed to keep the mind busier than that of the non-analytical inductions such as the progressive relaxation. Remember, for analytical clients you should keep their minds busy rather than relaxing them. The way the induction is designed is to give the client something to think about, such as a task that they must complete. The way the analytical mind works is that when it is given a task, it is determined to finish the task at all costs so while they begin the task, you simply begin to read your suggestions to them. They will hear you but not pay attention to what you are saying because they are focused on the task given them. This way your suggestions go directly to the subconscious mind with little to no interference.

Once again … the nice thing about analytical inductions is that they work on "everyone", whether they are analytical or not, whereas the non analytical inductions only work on non analytical people for the most part. The reason that we do not use them on everyone is that the non analytical mind will accept analytical inductions but will find them stressful and not as enjoyable since they prefer relaxing rather than keeping their mind busy.

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"It's kind of fun to do the impossible."

Walt Disney

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CHAPTER 4

PUTTING THE SESSION TOGETHER

Once you have determined how the mind of your client works through suggestibility you are now ready for the next step. The hypnosis session.

This chapter will guide you through the various parts of the session and help you to understand how to put them together to be the most effective.

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Analytical session instruction 67

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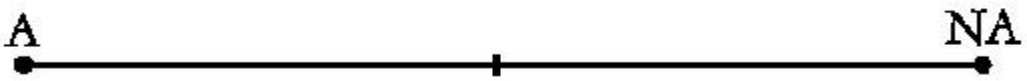
ORGANIZING THE SESSION

You have now had the opportunity to learn about suggestibility tests. You have learned the difference between analytical and non-analytical subjects. This chapter will aid you with the organization of all this material so you will know how to create a session as a result of the suggestibility tests. The chart below gives you the basic format of how to put together a session for an analytical or non-analytical client. Of course, the way you find out whether your client is analytical or non-analytical, is as a result of the suggestibility tests that you gave them at the beginning of the interview. If they responded favorably and reacted to the suggestions given in the suggestibility tests and you found them to rank on the right hand side of the scale that you used earlier to gauge analytical and not analytical subjects …



… then you would use the non-analytical information on the next page. If they ended up on the left side of the scales you would use the analytical information on the left of the chart. The information on the chart is just a guide or an example to be used. Each step can be substituted with a similar script. For instance on the non-analytical side, the progressive relaxation may be substituted for the simple body scan, the eye strain method or any similar non-analytical type induction. Just as the non-analytical test may be substituted with any of the test that you have. If you find that while you are conducting the session with a non-analytical client that he is just not responding well to your test and he earlier tested non-analytically but near the center of the scale, you may want to change over during the session and swap to an analytical approach which as you learned earlier works for all clients. Sometimes when judging whether someone is analytical on non-analytical they may vary a little from where you thought they were. You thought they may have been slightly non-analytical and they were more analytical than you had expected. Always be prepared to change midway if you feel there is a need to.

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PUTTING IT ALL TOGETHER

Suggestibility Test *(2 Minimum)*

ANALYTICAL **NON ANALYTICAL**

(To determine which session to conduct for your subject.)

Induction *(Analytical)*	Induction *(Non-Analytical)*
Depth test	Depth test
Analytical Vehicle	Deepener
Suggestions / Script	2nd depth test *(Only if needed)*
Awakening	Suggestions / Scripts
	Awakening

Instructions on Non analytical Sessions

It is important to understand before we begin instruction on the section that approximately 80% of society is non-analytical and approximately 20% of society is analytical. Now even though only 20% of society is analytical, the analytical session is effective on everyone. The reason for this is that the purpose of the analytical session is designed to keep your clients' mind busy in giving them a task to do while you are simultaneously delivering the helpful suggestions that they require. It is very simple to keep someone's mind busy and it can be done to anybody however not everyone can relax or even enjoys to relax.

Understanding this concept will greatly assist you in having a successful session every time. For example if you're conducting a non-analytical session and you find that your client is not relaxed enough to the depth required to deliver your suggestions you now have a choice to simply transfer them over to an analytical

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session which works on everyone. With this information in your arsenal there is absolutely no reason why you should fail in conducting a hypnosis session.

Let us first speak about the non-analytical session which is the information on the right side of the diagram labeled PUTTING IT ALL TOGETHER. As you can see, the session is divided into five categories which are induction, debt tests, deepener, suggestions or scripts and awakening.

It is important to realize that before you conduct any session you must always conduct your suggestibility test to find which is the best session to suit your client. So if you look at the chart, you will notice right at the very top the title "Suggestibility Test (2 minimum)". This is where you will begin by conducting a minimum of two suggestibility tests. If in conducting your two suggestibility test you find that your client is very non-analytical, you may want to add a third suggestibility test which can greatly help your session through the building of *expectancy*. The more expectancy that you can create in your client, the better results your session will have.

Once you have conducted your suggestibility tests you will then know which session to conduct whether it be analytical or non-analytical. For training purposes we will first describe the *non-analytical session.*

The first part of the non analytical session is to choose an induction. The purpose of the induction is simply to calm your client down and help them to relax. It is all about letting go and bringing them to the moment. It is important when conducting your induction that you do it very slowly, giving them enough time to relax completely. Don't worry about being too boring while doing the induction as that is the exactly what you are shooting for.

Once you have conducted your induction is now time to test your client to see how relaxed they actually are. The way you test this is by using a depth test. It is important not to confuse the *depth test* with a *suggestibility test* as they have two entirely different purposes.

An example of a depth test would be the "yardstick test". Basically with this test you are asking your client how relaxed they are in association with the 36 numbers on a yardstick. The number 1 would be as if they were not relaxed at all and the number 36 would be the most relaxed they could possibly be. Between number one

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and 36 they are to choose the number that would best represent how relaxed they are. If they would choose the number 5 that would mean that they were not relaxed enough to conduct your session further and you would need to take them deeper into relaxation through the process of conducting a "deepener" after which you would then test them one more time. On the other hand, if when you tested them they said they were relaxed at the number 30, then you would simply continue on with your session as they are relaxed enough. For the most part if your client said the number 17 or more, they were most likely relaxed enough to continue.

Notice as we stated earlier, if your client was not relaxed enough you would conduct a deepener. A deepener is designed to do exactly as the title suggests, to deepen the relaxation level of your client. In most cases the deepener is just a vehicle to relax, or bore them even more into letting go. Even if your client reacted really well with the depth test showing that they were a number 17 or above, in most cases you would still conduct a deepener whether it was required or not. Just consider it icing on the cake. The purpose of doing it either way is to lengthen the session and give them a better experience. Without a deepener your entire session would probably be only about 15 minutes but inserting a deepener will serve two purposes. The deepener is the part of the session that most people are familiar with. It is the part of hypnosis session where they can travel in their minds and possibly see beautiful images and experience the deep relaxation that they are looking forward to.

In the event that you had to conduct a second depth test and they were still not deep enough, you have a choice of conducting a second deepener or swapping them over to an analytical session.

Keep in mind that the analytical session works on everyone while the non-analytical session only works on approximately 80% of society. The reason for this is that not everyone is able to relax however with the analytical session, anyone's mind can be kept busy.

Upon completion of your deepener or even your second depth tests if it was required you are now ready to conduct your suggestions or scripts. The suggestions is whatever you would need to tell your client to help them to change or improve their present situation. The word "script" is simply a shortened version of the word prescription and means the same thing as the suggestions.

Upon completion of the suggestions you would simply conduct your awakening to

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bring a client back to the here and now. Once your client comes back, you may want to take a few moments to let them reflect on their experience and even ask them questions about what had occurred.

Instructions on Analytical Sessions

Now let's speak about the analytical session which is along the left hand column of the chart. Before we begin speaking about this column I would like to begin with telling you all that is *necessary* for an analytical session. To conduct an analytical session all that is really required would be the analytical vehicle, the suggestions and the awakening. The reason for this is that with an analytical client, relaxation is not required. All you need to do is to keep their mind busy. So you can began right with the analytical vehicle and while their minds is busy deliver the suggestions. Although conducting a session this way would be completely effective, the analytical client would probably not be happy that the entire process went so quickly. Doing it this way would probably take up approximately 10 to 15 minutes. In other words it would be over before they even realized it was started. Therefore we conduct an induction and a depth test before the actual analytical vehicle.

You may be asking yourself right now why would you conduct an induction or a depth test on an analytical subject? That's a good question. Realizing that analytical people do not like to relax, the analytical induction is designed differently than the non-analytical. In analytical induction does help you to relax but does it in a busier manner. It keeps the mind more occupied usually with movement, or instilling more thought process.

As for a depth test, whether your client passes or fails the depth test does not matter. Remember the purpose of the depth test is simply to see how deep your client is in relaxation and since it is not important for an analytical client to relax, then the results of this test does not matter. After conducting the test, if your client passed the test write that information down on your intake sheet because it will give you ammunition that you can use later on if your client comes back next week and states that he was not in a deep enough state of hypnosis or that he doesn't feel it worked. You would have a tool to use the results from the depth test to show them that they were. What about if they did not pass the depth test? In the event of using the yardstick depth test if they responded that they were only at number five you would simply respond with "very good, you have a strong mind" and continue along with

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your session.

It is important to keep in mind that whether they passed the depth test or not that relaxation is not a prerequisite for the analytical mind. Once you begin the analytical vehicle which will keep their mind busy, everything will be the way it should be for you to deliver your suggestions. Once again upon delivering your suggestions you would simply conduct your awakening and then take a few moments if you choose to discuss their experience.

Whether conducting an analytical or non-analytical session one of the most effective statements that you can say upon their emerging from hypnosis is, "from when you close your eyes at the beginning of the session until you just opened them right now how long did it seem like too you, five minutes or less?" Then wait for their response. In the case of non-analytical clients, most of them will respond with approximately 5 minutes or even less as you suggested. You will find that the analytical client will be more aware of time so don't be surprised if they get the time exactly on the minute. The purpose of this question is to see if there was a "time distortion" that occurred for your client.

Many times even though your session may have taken 35 to 45 minutes, because of how relaxed the client was they may have only recalled four to five minutes. This is called a *time distortion*. You will learn in an upcoming chapter in this book that there are basically six levels of hypnosis. Once you go beyond the third level, amnesia is created in which they will not remember most of what occurred during the session. Keep in mind that they will be hearing everything as you say it and still taking in your suggestions however they will not remember most of it *consciously* afterwards. Therefore if they were in level four or higher, even though the session may have been 45 minutes, as soon as they passed that level, time will have seemed as if it were still. It is important before you have them close their eyes for the session that you look at your clock and time the actual session so you have proof of how long it took. Most clients will not be happy knowing that they only had a four or five minute session so you may want to have proof that it was more like 30 to 35 minutes.

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"In the end, we will remember
not the words of our enemies,
but the silence
of our friends."

Martin Luther King Jr.

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CHAPTER 5

INDUCTIONS

Inductions are the various ways used to relax the subjects and aid them to become open to suggestions. There are many different ways to get them there and they are limited only to your imagination.

On the next pages are several styles of **non analytical inductions** you may use. Some of them relax each part of the body and help the subject to let-go and some have the subject tighten the muscles first and then let go. Be creative and try to create your own.

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NON ANYLITICAL INDUCTIONS

On the next pages you will find several non analytical inductions that will progressively relax your clients into the hypnotic states.

Many of the inductions as you will see can be used on both analytical or non analytical subjects. The key factor to remember is if it relaxes the subject it is fine for a non analytical subject.

The more that an induction keeps the mind busy the better it is for the analytical mind.

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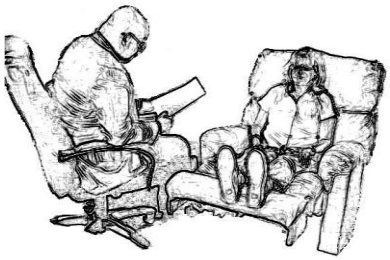

Progressive Relaxation

(Non-analytical) A.S.H.

Close your eyes and relax. Take a deep breath … and take a second deep breath … and on you third deep breath, hold it for about three seconds … and exhale and relax.

I'm going to have you relax, every part of your body starting from the top of your head all the way down to the bottom of your feet. And as you relax each part of your body, I'd like you to use your imagination to visualize … and even feel … each part of your body relax and let go completely … starting with the top of your head … your scalp and your forehead … your eyebrows and your eyelids … and feel that relaxation going down through your cheeks and your nose … relax your mouth and especially all those muscles around your mouth and lips … make sure your teeth are not clenched together … and just relax … relax your chin and your jaw … and allow all of those muscles in your face to just let go … and your neck relaxes … starting with the front part of your neck … and the back part of your neck … all the way down to your shoulders … just feel your shoulders relax completely … get rid of any tension that might be in your shoulder area … it should feel good to do that … and your arms relax … starting with your upper arms … going down to your elbows … relax your wrists … your hands … and even the fingers just relax and let go … Notice how deep and regular your breathing has become … so much more than just a few moments ago when we began … feel your breathing … feel the rhythm of your breathing … notice the contraction and expansion of your diaphragm and your chest … and allow your chest muscles to relax completely … all the way down to your stomach … just feel your stomach muscles relax and let go … get rid of any tension that might be in that area … just allow everything to let go completely … and your back muscles relax … those larger muscles in the upper part of your back … going down your spinal column … into your lower back … and allow all those smaller muscles in the lower part of your back to relax as well … and your hips relax … and

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especially your legs … starting with your thighs … your knees … and feel that relaxation going down into your calves … and your ankles … relax your feet … and even your toes just relax completely … as you begin to drift into a deep relaxed state … just letting yourself go … letting your mind and body become one … just feeling so good …

In just a moment I'm going to count from 20 down to 1 ... and as I do … you can allow yourself to relax at your own pace … but before I do that I'd like you to use your imagination … I'd like you to imagine a custom cloud snuggling up to your body in the shape of a chair … and imagine that this chair has arms on it ... it's a very warm and comfortable cloud … it's your personal cloud … notice how it snuggles up to your body … now it is going to take you to a very beautiful place … a special place in your life … a place where you're happy … a place where you feel good … and a place where you're totally relaxed … So as I begin counting just allow yourself to relax completely on that comfortable cloud and let it take you to that wonderful place where you're happy … relaxed … and very calm … Just allow yourself to be there for a moment as I begin to count … and you allow yourself to go deeper and deeper into relaxation.

20 ... just let yourself go completely … 19 ... 18 ... all the way down deep … 17 ... 16 ... deeper and deeper … 15 ... 14 ... just let yourself go … 13 ... 12 ... give yourself the permission that this is what you want to do … 11 ... 10 ... allow yourself to let go … 9 ... 8 ... deeper and deeper … 7 ... 6 ... all the way down deep … 5 ... 4 ... tired and drowsy … 3 ... 2 ... so very relaxed … and finally … 1 ... deep … deep … relaxation.

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Simple Body Scan

(Non-analytical)

By Rene A. Bastarache, CHI

Close your eyes … take a deep breath … take a second deep breath as deep as you can … and on your third deep breath hold it for about three seconds … and exhale and relax … with each breath that you take, allow yourself to relax deeper and deeper …

I'm going to have you relax each part of your body starting from the top of your head, going all the way down to the bottom of your feet … and as I mention each part, just allow everything to let go … starting with the top of your head … your scalp and your forehead … let go of all the tension and stress … your eyebrows … your eyelids … feel that relaxation going down through your cheeks and your nose … relax all the muscles around your mouth and lips … relax your chin and jaw … and allow all those muscles in your face to just relax and let go … feel that relaxation going down into your neck and shoulders … get rid of any tension that might be in your shoulder area, it should feel good to do that … relax your arms … all the way down to your hands and fingertips … just let go … let go completely … and notice how deep your breathing has become … so much more relaxed than just a few moments ago … and as you breath in deeply and exhale slowly … allow all the muscles in your chest to just relax … all the way down to your stomach, get rid of any tension that might be in your stomach area … down to your hips … just let go completely … and your legs relax … your thighs … your knees … relax your calves and you're ankles … feel that relaxation going down into your feet … and even your toes just relax completely … as you drift down deeper into a very relaxed state …

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ANALYTICAL INDUCTIONS

On the next page you'll find information for working with the analytical mind. When reading the analytical body scan, it may seem a bit confusing, or that you are hopping back and forth from place to place as you are reading it however it is designed that way. It keeps the client's mind more occupied than the ordinary body scan or progressive relaxation.

The rationale behind using these analytical inductions is to temporarily eliminate any conscious interference with hypnosis. When a subject tries to hard to follow your instructions or listen to you, they are using their conscious mind, which minimizes their ability to be open to suggestions. By giving the conscious mind a task to do the conscious mind becomes busy and allows suggestions to go directly through to the subconscious mind.

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Analytical Body Scan

By Rene A. Bastarache, CHI

I'd like you to begin to relax all the muscles in your head … your forehead, your eyes and your eyelids … your cheeks … your mouth and your jaw … Relax all those muscles in your head and while you are thinking about relaxing all the muscles in your head … begin to think about relaxing all the muscles in your neck and shoulders … that's right relax all those muscles in your neck and shoulders … and while you are thinking about relaxing all of those muscles in your neck and shoulders … your arms are becoming more and more relaxed …

Now pay attention to your body and realize how your head, neck and shoulders have begun to relax even more now that you're relaxing your arms … all the way down to your finger tips … and while you are thinking about relaxing your arms more and more, think about how relaxed your chest and your stomach is becoming … allow your chest and your stomach to relax and just let go … get rid of any tension that might be in those areas, while your arms are relaxing and becoming very, very heavy … And while you are allowing your arms to become free from stress and tension … think about removing the tension from the rest of your body … Feel that relaxation move downward … and with every breath that you take allow that relaxation to grow more and more … as it goes down through your hips … and your thighs … all the way down through your legs … and all the way to your toes …

You're relaxing more and more … and you can feel that relaxation once again moving downwards … starting at the top of your head ... moving dowwwnnnn through your neck … dowwwnnn through your back ... and dowwwnnn through your hips … and while you feel the relaxation going dowwwnnn through your hips, you realize even more how the stress, tension and worry are moving ooouut of your legs … dowwwnnn through your feet … and right out through your toes … just totally relaxed and completely at ease.

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Active Muscular Relaxation
(Analytical or non-analytical)

By Rene A. Bastarache, CHI

Close your eyes … take a deep breath … take a second deep breath as deep as you can … and on your third deep breath hold it for about three seconds … and exhale and relax … with each breath that you take, allow yourself to relax deeper and deeper …

I'm going to have you relax each part of your body starting from the top of your head all the way down to your feet. What I'd like you to do … as I mention each part of your body I want you to place all of your focus on that part and try to tense up, or clench, or tighten up that specific muscle as much as you can, and then you can let go and release it … and as you let go you can allow that portion of your body to relax completely.

Let's begin with the top of your head, tense or tighten up all the muscles around your forehead, your eyes, your cheeks and even your nose for a few moments … and let go completely and relax … now tighten up all the muscles around your mouth, your chin and your jaw … and let them relax … your doing a wonderful job … now tighten up all the muscles in your neck area for a moment … and let go … tighten up your shoulder area, and your upper arms as much as you can … and now let them go completely … let them droop down heavy, and relaxed … now tighten up all the muscles from your elbows … down through to your forearms … your wrists … all the way down to your fingertips … clenching your fists closed as tight as you can … and just let go … allowing them to be totally relaxed and still.

As you continue to breathe regular and comfortably … I'd like you to tighten up all the muscles in your chest area … and let go now … and tighten up all the muscles in your stomach … hold it for a few seconds … and as you let go, you allow all of the stress and tension to leave your body completely … Now tighten up the areas around your hips and your thighs … and just let go ... Allow yourself to relax more and more … and now tighten up the muscles of your calves … your ankles … your feet and toes … make them tight and clenched as much as you can … and as you let go, allow everything in your body to relax completely … from the top of your head, to the bottom of your feet, you can allow yourself now to relax completely and deeply…

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Eye Strain Method

(Analytical or non-analytical)

By Rene A. Bastarache, CHI

Close your eyes and relax …now take a deep breath … and a second deep breath … and on your third deep breath hold it for about three seconds … and exhale and relax …

Now I'd like you to open your eyes while keeping your head facing straight … I'd like you to focus your eyes on the spot on the wall in front of you … *(Have a spot pre-chosen, slightly above eye-level on the wall in front of them)* keeping your head straight I would like you gaze at that spot by slightly straining your eyes to focus upwards while your head is facing straight … don't focus too hard, just look at it in a lazy, relax way … in just a moment I am going to count from 20 down to one … and as I do, on each number that I say, you will close your eyes as I say it, then you'll allow your eyes to open again, continuing to gaze at that spot … and as you continue closing and opening your eyes, your eyes will become very tired .. and at some point, maybe at 17 … maybe at 15 … maybe even at 10 … your eyes will become tired and you will not want to open them anymore … it will become inconvenient… tiring … and when that happens just allow your eyes to stay close … and you will continue to relax deeper and deeper …

(As soon as their eyes stay closed, stop counting and proceed to the next paragraph)

So now let's go ahead and begin … 20 … *(Count silently to yourself 3 ... 2 ... 1, then continue to the next number)* 19 … 18 … tired and drowsy … 17 … 16 … eyelids so very heavy … 15 … 14 … allow your eyes to remain close as soon as you feel like it … 13 … 12 … just let yourself go … 11 … 10 … 9 … deeper and deeper … 8 … 7 … 6 … let your eyelids become very, very heavy … 5 … 4 … 3 … your eyes are wanting to remain shut now …2 … and finally … 1 … close your eyes all the way now …

That's good … now keep your eyes closed … and continue to relax deeper and deeper…

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"Well done is better than well said."

Benjamin Franklin

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CHAPTER 6

DEPTH TEST

A depth tests is exactly what it sounds like, which is a test that is used to find out what level of hypnosis a subject is in. You will learn about all the different levels of hypnosis in the next section.

To the average client or outsider listening to a hypnosis session it may seem as if there is no rhyme or reason why you say certain things at certain times, that the success or failure of a session depends on sheer luck or how they would be feeling at a certain time.

This is far from the truth, as there is a science to bringing someone into hypnosis. The trained Hypnotherapist can bring the client to the exact level of hypnosis he or she needs to be at, for the specific subject they are being hypnotized for. The way this is done is through depth tests.

On the next pages are several depth tests which will help you with this process.

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Daisy
Depth Test

By Raluca E. Bastarache, CI, CHP

I would like you now to think about a Daisy, a beautiful Daisy. This Daisy has 10 petals on it. I want you to visualize that you're pulling out each petal, one by one, thinking that the number 10 is the most relaxed that you can be and number 1 the least relaxed you can be, while pulling the petals out, stop at the number that best reflects how relaxed you are right now . . .

(Wait a few seconds and give them time enough to complete the task)

Now, remaining totally relaxed … tell me, what number are you relaxed at?

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Spot on Hand

Depth Test

A.S.H.

In just a moment I am going to have you bring your right hand up in front of your face with your palm facing you, about 8-10 inches away, fingers pointed upwards and lightly pressed together ... Then I am going to have you try to open your eyes and focus on one spot on the palm of your hand, looking nowhere else in the room, just focusing on that one spot … The one thing that you must accomplish is you must remain totally relaxed, and completely at ease, even with your hand in that position.

So now remaining totally, completely relaxed … I'd like you to raise your right hand up in front of your face with your palm facing you, about 8-10 inches away, fingers pointed upwards and lightly press together … that's good … Now try to open your eyes and focus on one spot and only one spot on the palm of your hand … and as you focus on that spot your fingers are beginning to separate … that's right as you focus on that spot, your fingers are separating … wider and wider, more and more relaxed … and don't let it bother you now that your fingers have separated ... it's a very natural and normal sensation, and in just a moment as I begin counting … you'll notice that your eyelids are becoming heavier and heavier … that's right heavier and heavier … as your fingers separate even more ….

1. Your eyelids are becoming heavier.

2. The more you concentrate … the more your fingers separate … wider and wider.

3. All outside sounds are just fading away into the distance …

(NOTE: If their fingers have not separated by now continue adding in more numbers before ending this exercise.)

4. So tired and drowsy … Let your eyes close all the way down … and

5. Return your hand down to your (lap / or to the chair), as you go deeper into relaxation ….

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Yardstick Depth Test

A.S.H.

I would like you to use your imagination. Imagine a yardstick if you would … as you know a yardstick has numbers from 1 to 36. Imagine that the number one represent the least relaxed you could be … as if you were wide awake …. and the number 36 represents the deepest that you could be relaxed … Between 1 and 36 there are many numbers … one of those numbers best represent exactly how relaxed you are at this present time ... I'd like you to think about how relaxed you are right now and about which number best represents how relaxed you are … In just a moment I will ask you to tell me which number it is that you are relaxed at … So now remaining totally completely relaxed … tell me, what number are you relaxed at right now? *(If they are not relaxed at a high enough number then do another deepener)*

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Magnetic Hand

Depth Test

By Rene A. Bastarache, CHI

I'd like you to use your imagination right now, imagine that your *(left or right)* hand has an extremely powerful magnet connected to the back of it and as I place my hand above yours imagine that my hand also has a very powerful attracting magnet. As I lift my hand slowly away from yours you can feel the very powerful magnet pulling your hand up off of the chair. You can feel the magnet, pulling your hand up, up, up. You can feel the lightness, starting in your fingers as they start to rise and it moves into your hand as it gets lighter and lighter and rises from the chair. Feel the magnetic pull, pulling your hand up, up, up. Feel your hand and allow it to raise up off of the chair and rise higher and higher in the air. *(continue this way until their hand is in the air.)* Now on the count of three I am going to lightly touch the back of your hand and as soon as I do the magnetic pull will be gone and your hand will drop back down to the chair very heavily and you will drop into a very deep relaxed state, even twice as deep as you are right now. One … two … and three *(touch)* *Allow* yourself to go deeper and just relax.

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"I have not failed.
I've just found 10,000 ways
that won't work."

Thomas Alva Edison

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CHAPTER 7

DEEPENERS

There are many different levels of suggestibility and depending on why they are being hypnotized, you may have to take your clients to a deeper level at times. An example would be that in order to be operated on (someone without medication) you will need to take them to a much deeper level than if you were simply hypnotizing them for smoking cessation which can be done in a very light stage. In order to bring someone DEEPER we have many vehicles that can be used. The whole concept of going DEEPER is relative … How do you actually go "deeper"? Does anyone really know how? Is there such a thing? It's hard to really define but by having a client successfully complete a task given them, the expectancy of being successful tends to relax them more, or open them up more than they were before. This is how it is attained.

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Expectancy - When you are told that …"in a moment when I count to 10, you will feel your arm rise in the air and when it does you will go deeper into hypnosis"… you are expecting your arm to go up … if it does, then you believe in the Hypnotherapist since he said it would happen … and it did ... therefore it is logical that you must go deeper as he stated. This is the concept of expectancy and how one actually goes, or brings themselves deeper.

On the next pages are several deepening scripts.

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Elevator - *Deepener*

By Rene A. Bastarache, CHI

I'd like you to use your imagination for a few moments. Just imagine that right in front of you within a few feet is an elevated door, visualize the door clearly in your mind … the color … the texture … how tall it is … how wide it is … what it is made of … in just a moment you're going to enter the elevator and it will take you on a wonderful relaxing journey. It will be a very comfortable, spacious elevator, and at no time will you feel closed-in or uncomfortable. You will only have wonderful, relaxed feelings ... Now the elevator doors open as you imagine yourself walking in and turning around so you're facing the doors and you see them close in front of you. You notice how comfortable you feel and how much larger the elevator seems on the inside than you thought it would be. As you are looking at the doors of the elevator you notice just to the right of the doors a large panel. On this panel there are 25 buttons arranged from 25 on the top going all the way down to the number 1, which represents the bottom floor. Visualize this panel as clearly as you can, if you can't see it clearly, just imagine it and the same purpose is being served. What are the shapes of the buttons? Are they square, or rectangle or round? What color are the buttons? What color are the numbers on the buttons? Are they large or small? See as many details as you can … you are on the 25th floor, and in just a moment, you are going to press the number 1 button and you'll feel yourself descending downward. With each floor that you descend, you'll feel your body relax more and more until you get all the way down to the bottom floor, and when the doors open, and you'll find yourself more relaxed than you have ever been before. So let's go ahead and begin.

Imagine yourself reaching down and pressing the number one button ... as you feel the elevator descend downward to the 24th floor … and you allow yourself to relax 23, 22 … deeper and deeper … 21, 20, 19 … with each floor you descend, you go deeper and deeper … 18, 17, 16 … more and more relaxed … 15, 14, 13 … all the way down … 12, 11, 10 … peaceful and serene, all outside sounds just fading away into the distance … 9, 8, 7 …deeper and deeper … 6, 5, 4 … total relaxation, feeling wonderful in every way … 3, 2, … and finally … 1... Deep …. Deep … relaxation, and you can remain in this deep relaxed state, and even deeper if you decided too, for the remainder of the session.

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Clouds across the sky - Deepener

By Rene A. Bastarache, CHI

I'd like you to use your imagination for a few moments now. I'd like you to imagine … to think about … yourself lying down … outside … on the most comfortable piece of furniture you can imagine … It is a warm, gorgeous day … The sun is just beginning to set ... The temperature is just right, just the way you like it … Best of all, there are no insects anywhere to distract you… It is as if this place were made just for you … You find yourself alone and completely safe … comfortable … So go ahead and imagine that piece of furniture that you are on right now … Describe it to yourself in detail … What is the color? ... The size? ... The texture? … Get it clear in your mind so it becomes "real" to you … It is more comfortable than the softest feather bed … And as you lay there you are gazing up at the beautiful dawn sky … You notice the colors … the shades of reds ... blues … and yellows … The many colors, as the dance upon the few scattered clouds … As you continue to gaze … effortlessly at the sky … You watch the clouds begin to form into shapes ... Some look like animals ... Some look like trees … All different shapes that let your imagination begin to roam … When you notice one of the clouds that is nearly above you begin to form into the shape of a number … It looks just like the number … 20 … and as the soft breeze blows on it, you see it begin to dissolve and blow away as easily as it formed … Then you notice another cloud coming by that forms into the number … 19 … and that one begins to dissolve in the soft breeze too … You notice that this keeps happening ... slowly … as the clouds form in to the number … 18 … then dissolves away … and then … 17 ... and it continues this way going down … down **...** in numbers ... very … very … slowly … 16 … and you notice that in between each numbered cloud … as it blows away and as the next one forms … 15… that you are becoming soooo … soooo … very tired … 14 …sooo … sooo relaxed … and you enjoy this wonderful relaxation … 13 … and you find yourself, even allowing yourself, to let go completely **...** 12 **...** You give yourself the permission that this is what you want to do … 11 … as you continue to see the clouds forming into the numbers ... 10 … and you continue to observe them … slowly on your own … 9 … and with each one … as it goes by … 8 ... you become twice as relaxed … twice as much as the one before … 7 ... as you observe them … 6 … dissolving … just passing by … 5 … you are so comfortable … soooo open … 4 … Totally safe … … 3 … and completely at ease … You fall into a wonderful dreaming state … 2 … until finally you see the last cloud form into the number 1 … and as it dissolves … you allow yourself to let go completely … so very relaxed …

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Staircase
Deepener

A.S.H.

As you sit there, very comfortable and relaxed - I want you to visualize a staircase in front of you … A beautiful staircase with a beautiful banister running down alongside and a deep, rich carpet underneath your feet … As you look down the stairs you notice that there are ten steps leading gently down … Ten steps leading down, down, down … These are the steps that will lead you deep into relaxation … and in a moment, as I begin to count you will walk down those steps and you will find that the deeper down you go, the more comfortable and the more relaxed you will become.

So take hold of the banister and begin to slowly descend the stairs starting with the top step…

10 - Deeply relaxed …
9 - Let yourself go more and more …
8 - More and more relaxed …
7 - Deep, deep relaxation …
6 - 5 More and more and more relaxed …
4 - Deeply relaxed, soooo comfortable …
3 - More and more relaxed …
2 - Almost at the bottom now, just one more step to go … and
1 - Deep, deep relaxation, all the way down…

Now that you have reached the bottom step, and you are totally relaxed … just allow yourself to let go completely as you go deeper and deeper…

Stairway to Beach

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Deepener

By JoAnn Dworman, CHP

I'd like you to imagine that it is a warm summer day and that you are standing on a grassy knoll overlooking the ocean. The waves meet a beautiful pink sandy beach below you. You want to go to this beach and feel the warm sand on your feet. The only way down is a large stone stairway that descends beside the knoll. You know that the stones that create the stairway will be smooth and warm when your feet touch them. There's 20 steps to reach the beach. In a moment, I will count these steps for you and as I do you will walk down each one becoming more and more relaxed as you go. On the last step, when your feet finally sink into the warm sand, you will be in a deep state of relaxation. Okay, now, we're going to begin. The stone stairway is welcoming as you peacefully descend onto the first step.

20. . . You are deeply relaxed
19 . . . You feel yourself completely letting go
18 . . .
17 . . .
16 . . . Deeper and deeper into relaxation.
15 . . . This step takes you even deeper.
14. . .
13 . . Relaxed
12 . . .
11 . . . Letting go completely
10 . . .
9 . . . Deeper and deeper
8 . . .
7 . . . More and more relaxed
6 . . .
5 . . . so relaxed now
4 . . .
3 . . . almost to the bottom now
2 . . . deep, deep relaxation
1 . . . All the way down now into deep … deep relaxation.

Waterfall

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Deepener

By Dr. Manuel Simet

I'd like you to use your imagination and visualize yourself standing on a cliff in front of a waterfall. It's a warm summer's day as you feel the warmth of the sun descending upon you … Look to your left, you're going to see 10 steps leading to the bottom of the waterfall. I want you to visualize a rope running along the steps. In a moment I'm going to count from 10 all the way down to one. As I do I'd like you to start going down the steps … and with each step that you take you will allow yourself to go deeper and deeper into relaxation.

Now take hold of the rope and focus your attention on the beautiful waterfall as you begin going down the steps.

10 - Allow yourself to relax as you hold onto the line
9 - Let yourself go, all the way down deep.
8 - Deeper and deeper.
7 - So very relaxed as you feel the warm mist from the waterfall on your face
6 - 5 - deeper and deeper
4 - Seeing a faint rainbow coming out of the waterfall spray
3 - More and more relaxed
2 - Almost at the bottom.
1 - Deep, deep relaxation, all the way down and totally relaxed.

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"Obstacles are those frightful things you see when you take your eyes off your goal."

Henry Ford

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CHAPTER 8

ANALYTICAL VEHICLES

When hypnotizing an analytical subject use one of the following vehicles to keep their mind busy as you are giving them suggestions. You are keeping their conscious mind occupied during the exercise while you are speaking directly to the subconscious mind which always hears and pays attention.

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Choose A Name - Analytical vehicle

By Rene A. Bastarache, CHI

For this exercise I would like you to use your imagination. I'd like you to imagine that you are doing research to get information for a new book that is going to be written. It is a name book for children's names. To begin your research you will need to find a girls' name and boys' name for each letter of the alphabet…

Here's how you are going to do that. You are going to start by quietly thinking of a girl's name that starts with the letter A … get it clear in your mind … good, now think of a boy's name that starts with the letter A … good … now think of a girl's name that begins with the letter B … take your time, if you can think of many names that start with the letter B, choose the one that you like the best … it is important that you take your time and concentrate on the task that you're doing … now choose a boy's name that starts with the letter B … good, just hold on for a moment and let me explain to you the remainder of what you will be doing. In just a moment you will go ahead and continue finding names of girls and boys starting with the letter C, then D and so on until you go through the entire alphabet, all the way to the letter Z but once you begin, when I tell you to go ahead and start, you will continue with the task, paying no further attention to me, until you have finished the entire job. I will be speaking to you of course and you will be hearing me but I will be speaking directly to your subconscious mind which always hears and always pays attention … so just concentrate on your task and try to not listen to what I am saying … try not to follow my instructions until you have finished the whole job and then you can listen to me once again. At that point you will be very relaxed … and your mind will be open and receptive to the beneficial suggestions that I will be giving you.

So let's go ahead and begin now … Start with the letter C … choosing a girl's name … and then a boy's name … paying no further attention to me, just choosing the name and going to the next letter, choosing the names for that letter and going onto the next one, paying no further attention to me, just choosing the names, concentrating on your task, until you have finished the entire job, at that point you'll be very, very relaxed. With each name you choose you are becoming more relaxed, with each name you choose you are going deeper into the hypnotic state, becoming more open to suggestions, more and more relaxed, and receptive. The closer you get to the letter Z, the deeper into relaxation you will go. *(begin suggestions here)*

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U.S. Map - Analytical vehicle

By Katherine Lee, CHP

What I would like for you to do now, with your eyes closed, is to imagine that right in front of you, within your arm's reach, is a postcard on the wall about 4 x 6 feet … so close to you that if you were to reach out, you could draw on it ... See it in your mind's eye … Now imagine a big map of the United States covered the whole postcard but without any color or letters on it … It is a map that you will use to find the cities and write their names on it … Look to your right and you'll find a small table just beside you, and a colored pencil set is right there on the table ... There are 36 colored pencils in it ... Use your eyes … scan the map from left to right … and scan back from right to left ... Now maybe you see the map pretty clearly in your mind's eye ... And maybe you don't ... either way, just imagine you can see it ... Now scan the map with your eyes and find any city on the map in which the spelling begins with the letter A… Point it out on the map with one of the colored pencils … any color pencil you like … and write the city's name down on the top of the point where the city is with the colored pencil you chose… Then, scan it again to find the second city which spelling begins with a letter B ... Point it out with a different colored pencil and write it's name on the top of the point with the colored pencil you chose.

Just hold it a moment and wait for my further instructions … When I tell you to go ahead, you will continue to search for the cities which spelling begins with the letter C … and write the name down with a new colored pencil just like you did with the letter A and B before … Then, search out a city that begins with the letter D … and write the name down and so forth … Remember, you should use a different color for each city ... Once you begin your tasks … from that point forward … don't listen to me anymore … By that I mean, don't make any effort to listen to me. I will be speaking, of course, and you will be hearing me, but don't try to follow my instructions or what I am saying, because I will be speaking directly to your subconscious mind which always hears and always pays attention ... Your job is to keep going, finding each city on the map, going through the alphabet … finding and writing each city with a different colored pencil in succession … paying no attention to me at all … until you have finished the whole job … then you can just sit back, relax and listen to me again. By that time, you will be in a deep hypnotic level … Remember, when I tell you to go ahead … you'll continue going through the alphabet, paying no further attention to me until you have found and written each city

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name and have gotten all the way to the letter Z … and once you have finished … you can listen to me once again.

Now it's time to begin … so scan the map and find a city beginning with the letter C … and keep on going, but paying no further attention to me … Just find the city and write it's name down … another one and write that one down ... on and on in succession through the alphabet … Each city you find and each city you write down causes you to relax more and more … Each city you find and each city you write causes you to drift more easily and more readily into hypnosis ... The closer you come to the letter Z, the deeper into hypnosis you go ... With each city you find and each city you write down, you drift down and down, deeper and deeper into the hypnotic state …

☺ *(You may start your script here.)*

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White Board Vehicle

By Rene A. Bastarache, CHI

I'd like you to imagine that directly in front of you within your arms reach is a white, dry-erase board. I'd like you to imagine that you are picking up a black marker and drawing a large circle in the center of the white board about 15 inches in diameter. It is important that you do not damage the circle in any way throughout this whole exercise. It must remain in tact.

Now I'd like you to imagine that you are drawing a capital letter A in the center of the circle, but you draw it small enough that it does not touch the circle at any point so as not to damage the circle. Draw it as perfectly and as crisp as you can.

Now with your non-writing hand, imagine that you are picking up an eraser and erasing the letter A that you just drew … being careful not to damage the circle ... Good

Now draw a capitol letter B but this time draw it backwards ... Smaller than the circle … careful not to damage it … as perfectly as you can … good … Now erase the capitol letter B ….

Now draw a capitol letter C backwards … Taking your time … concentrating on your task … and now erase the letter C …

Now hold on for a few moments while I further explain your instructions. When I tell you to go ahead … you will continue drawing each letter of the alphabet in the circle, starting with the letter D backwards, and then the letter E, drawing each letter backwards, and then erasing it, and then the next one ... Being careful not to damage the circle … taking your time to draw them as perfectly as possible … but once I have you begin … once you start, I want you not to listen to me anymore, not to follow my instructions … I will be speaking to you of course, and you will be hearing me … but try not to follow my instructions as I will be speaking directly to your subconscious mind which always hears and always pays attention ... Your job will be to continue drawing each letter of the alphabet backwards until you get to the letter Z ... Once you have drawn and erased the backward letter Z you can then listen to me once again … because at that point you will be very relaxed and open to suggestions ...

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So let's go ahead and begin now by drawing the letter D backwards … smaller than the circle, and erasing it … paying no further attention to me … then drawing the letter E backwards … and erasing it … and then the next one.

With each letter you draw in the circle … and each letter you erase … you become more open to suggestion ... With each letter you draw and each letter you erase, you are more peaceful, more relaxed ... The closer you come to the letter Z the more open you become … with each letter you draw you are becoming more accepting … absorbing all of the positive suggestions you are about to receive … With each letter you draw you come closer, and closer to attaining your goal …

(BEGIN SUGGESTIONS)

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“People often say that
motivation doesn't last.
Well, neither does bathing,
that's why we
recommend it daily.”

Zig Ziglar

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CHAPTER 9

SUGGESTION - SCRIPTS

There are copies of many scripts in this chapter that you may use in sessions with your clients. As you become comfortable with using them you will eventually begin to add in your own suggestions so you can personalized them for your clients by targeting their precise issues.

We also offer a large FREE selection of scripts and links at our web site as a way of helping our students as well as other Hypnotherapist with more options.

If you find this web site helpful we would appreciate it if you could contribute your talents by donating scripts that you have created so we can post for others to use. You can find our "free script" page site at: www.choosehypnosis.com/scripts.htm.

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Writing Scripts

A script can be as long or as short as you like, it should be as long as it takes to get the point across.

A script can be written on virtually any subject you like. Any area that you can improve in, a script can be written.

Before writing a script take the time to break down your topic into as many various aspects that you can in order to cover it properly.

(Use two sheets if necessary.)

Topic _____

	IDEA	EXPLAIN FURTHER
Aspect #1	_____	- _____
Aspect #2	_____	- _____
Aspect #3	_____	- _____
Aspect #4	_____	- _____
Aspect #5	_____	- _____
Aspect #6	_____	- _____
Aspect #7	_____	- _____
Aspect #8	_____	- _____
Aspect #9	_____	- _____
Aspect #10	_____	- _____

Once you fill in the various aspects of the topic, place them in the order that seems to fit best.

Topic Order

#1 _____
#2 _____
#3 _____
#4 _____
#5 _____
#6 _____
#7 _____

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#8 _____
#9 _____
#10 _____

Once you have done this, take each aspect and turn it into a paragraph. Additional items to help your script.

1. When writing your script try to include at least several of the 5 senses.

Sight - Hearing - Touch - Smell - Taste

2. Always use positive suggestions. *(Remember the subconscious does not understand negatives, sarcasm or humor)*

3. Use positive, active wording. *(Example, excited, energized, anxious, happily etc.)*

4. Make all suggestions believable. Remember the "buying in" principle.

5. Include confidence, self-esteem and relaxation statements.

6. Remember to use the three tenses if possible

What is going to happen	-	Expectancy
What is happening	-	Acknowledgement
What just happened	-	Attainment and visualization

7. Pictures / Visualizations - The subconscious mind reacts to pictures rather than just the words.

Have your client use their imagination as much as possible seeing the "end result, having already attained" their goal rather than the progression of reaching it. If the subconscious sees the goal already having been attained it will do what it takes to make the goal happen!

8. Emotions - If you want to make a picture even stronger give it emotions. During any visualizations have your client feel the confidence, pride and emotions of having attained their goal. Whatever emotions or feelings can be associated with the subject will aid the script to be more effective.

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Now put it all together
(Write your script)

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Writing Scripts *(additional)*

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Aspect #6	_____	- _____
Aspect #7	_____	- _____
Aspect #8	_____	- _____
Aspect #9	_____	- _____
Aspect #10	_____	- _____

Once you fill in the various aspects of the topic, place them in the order that seems to fit best.

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#8 _____
#9 _____
#10 _____

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Now put it all together
(Write your script)

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Anxiety Control *(Non-analytical only)*

By Rene A. Bastarache, CHI

You are going to now learn the art of controlling anxiety. As a result of this session you will no longer suffer from anxiety and you will be in control at all times. You will feel happy and so confident that you are now in control.

What I would like you to do right now is to use your imagination … I want you to imagine a scene in your mind … to visualize yourself at a wonderful place … a place where there is no anxiety whatsoever … It could be some place that you have been before, or if you cannot think of an anxiety free place you may go ahead and create one in your mind … it can be a fantasy place, or a real place … just visualize it and imagine it … Maybe you can see it clearly in your mind … and maybe you can't … if you can't imagine it … just think about it and the same purpose is being served … You can even surround yourself with things and activities that you find extremely enjoyable, without any stress at all. Take a few moments and create this scene in your mind …….. and as soon as you have this scene in your mind, nod your head for me ... so that I know you have it… (wait until they nod their head before continuing.) Now in just a few words … describe, or tell me what the scene is that you are imagining right now… (Wait for their response. If no response, asked them again) Good … now visualize that place and see it very clear in your mind. It's a wonderful place isn't it?

Now while you are in your comfortable place right now I would like you to take a deep breath and as you exhale allow yourself to feel twice as comfortable and wonderful as you do right now … and take your second deep breath … and as you exhale allow yourself to relax even more … and on the third deep breath, as you exhale, allow yourself to feel wonderful … realizing that you are in a place where nothing affects you, where there is no anxiety, where you are completely safe … Now commit this place to memory … every detail … because in the future, any time you find yourself confronted by what used to be an anxiety provoking situation, or any kind of stress whatsoever, all you need to do is take your three deep breaths and allow yourself to remember … and come back to this wonderful anxiety free, stress free place, that you have created for yourself.

Lets go ahead and try it right now to insure you understand the concept. Right

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now, I would like you to think of something or a situation that may have caused you a small amount of anxiety in the past … and as soon as you feel a little bit of anxiety, nod your head for me so I will know … (wait for the response, repeat if necessary)

Take a deep breath and just let the negativity flow away … take your second deep breath and allow yourself to feel wonderful, coming back to your special place … and take your third deep breath, and allow yourself to relax completely … You are now anxiety free … It feels great doesn't it?

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Appointments On-Time

By Rene A. Bastarache, CHI

You have come to this deep relaxed state because you have decided to change a negative habit from your past ... You have decided that now is the time to take control of your life… to meet your engagements each and every day, on time… And the way you are going to be on time from now on … is by changing some of your past negative behaviors … into new positive behaviors … You are going to be on time for all appointments, engagements and functions because you want to be … The first step in being on time to appointments is to change your thinking towards them … From now on you will give a new importance to your appointments … You feel an urgency to get there on time … In fact you feel they are so important to you that you want to get to your appointments early … You'll always plan from this moment forward to arrive at your scheduled appointments a minimum of 15 minutes early, and even earlier than that if time permits … By doing this you will find that you will arrive at your appointments on time, even if unexpected things occur on the way, such as bad traffic, or any other hindrance … by leaving early you will still have time to spare … You do not have to worry about wasting time because you realize that if you arrive at an appointment early you can put the additional time to good use ... One way to do that would be to bring a book that you have been wanting to read with you … or maybe some paperwork or a notebook with you so that if you have additional time you can make plans or accomplish other tasks … From now on you give importance to all your appointments … You are professional in your thinking and arrived early … By doing so, others will see you as a professional … They will see you as a successful, courteous person … Showing up to an appointment on time or especially early, shows that you are courteous and care about the appointment that you have … People will respect you more … People will appreciate you more … You will feel more confident that you are in control of your time … Remember the slogan … "If you fail to plan … you plan to fail." … From this moment forward you manage your time successfully.

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Assertiveness

By Rene A. Bastarache, CHI

You are an important person, your ideas and views are excellent. People like you, and they like your ideas because they realize that you are always on the cutting edge. You believe in your ideas and your abilities and you have no fear to speak up, or to show what you know. Just because you haven't done something before does not stop you because you know that you can do anything as well as the next person, and even better. You always give 100% effort in everything that you do. You enjoy showing your abilities and are very assertive.

You always go the extra mile in whatever you are doing. You always perform to your best abilities. When you have an idea or a good concept you are not afraid to share it with others, in fact you are excited to do so. You are excited to try new things. You volunteer your ideas and your abilities, and you find that people are always impressed by you. When you find yourself in a situation that requires leadership or guidance you take control of the situation and lead it in the way that you know it should be done, and you'll always succeed. You are a natural born leader, and people love to follow you, people love to be around you and hear your ideas.

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Body image

By Rene A. Bastarache, CI, CHT

From now on starting this very moment you have a positive image of your body. Whether your body is exactly where you would like it to be or not at this particular moment in time, whenever you look at yourself or think of your body image you will do it in a positive manner. Looking at your body in a positive manner will help you to feel good about yourself and to continue to progress towards the body image that you really want. You no longer think bad thoughts or say negative things about your body. Your body is your temple. It is your sacred private property. You own it and you want the best for it. So from now on you think only positive thoughts and have positive feelings toward your body. You are happy, confident, and progressing towards making yourself the best you that you can be.

Imagine yourself right now as if you were standing right in front of you facing yourself … Imagine your body looking and feeling exactly as you would like to … as if you had attained all of your goals already ... Imagine yourself wearing, the exact type clothing you would love to wear … the exact style … size… and color … realize that this person standing in front of you … is you. You are this person … this person is in you and you are in this person … Feel good about yourself … see yourself in front of you as the "goal" you … You are on a journey to attain your goal but realize that on any journey … every step that you take is very important … even more important than the destination … and from this moment on … you take each step in a positive, enthusiastic manner … having a good self image … and continuing to move onward … you are in control and you are positive about your appearance and your image. You are happy being in control and you feel confident being in control.

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Concentration

By Rene A. Bastarache, CHI

You are calm, relaxed and in control. From this moment on you are able to concentrate, infinitely better than ever before. You are able to concentrate and focus better, because you are giving it 100% of your attention. Whatever task you are doing you now give it 100% of your attention, by doing so, you find it more interesting and enjoyable. You find all your studies or projects interesting and you are able to concentrate so much more easily than ever before. Your new ability to concentrate infinitely better allows you to remember what it is you are studying or learning. You now have 100% recall because of this.

Your mind is the most perfect computer in existence and now your computer is able to concentrate and remember better than ever before and this new ability will stay with you because you have interest in what you are now doing … because you can focus totally on what is before you. Feel the confidence that you now have being in control … Feel the confidence that you now have that you can attain your goals … that you can now concentrate … that you now enjoy what you are doing … Allow this confidence to surge throughout your body … and to grow as you feel it expand to every part of you … Feeling wonderful in every way … that you "are" a success … and that you will be successful in all that you do.

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Confidence

By Rene A. Bastarache, CHI

You are a confident person. You are in control in all that you do. You believe in yourself and in your abilities. You know that anything you attempt to do, you will give it to 100% of your abilities and are confident that you will succeed. You are successful in all areas of your life. Believing in yourself and being positive gives you the confidence that you need to take on any task.

When attempting something new, the first thing that comes into your mind are the words "I can do it ." You realize that, "what the mind can conceive the mind can achieve" and you move forward with all things. Just because you haven't done something before doesn't stop you. Just because you may not know how to do something doesn't sway you. You are open-minded and move ahead with confidence that you can and will succeed. You are a winner, you are confident, and you are in control.

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Creativity I

By Rene A. Bastarache, CHI

You are a creative person and you will find that each day your creativity will grow more and more. Your mind is much more open and you can easily reach into your subconscious to increase your creativity. Your subconscious mind includes all the knowledge you have ever experienced since your birth and all that knowledge is now at your fingertips.

You are constantly open to new ideas and new concepts. You look at everything with a positive attitude, being open-minded. Because you are open-minded you learn more each and every day. Every day that goes by you have more knowledge than the day before. Ideas flow freely through your mind and many times you need to stop to take notes because you have so many new and interesting ideas.

You are becoming more and more creative each and every day. You have the ability to retrieve creative ideas and knowledge from your subconscious mind on a constant basis that you have not been able to retrieve before. You are truly becoming the person that you wish to become.

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Developing Happiness *(Non-analytical only)*

By Rene A. Bastarache, CHI

As you continue to relax deeper I want you to focus on the words that I am saying and quietly repeat them to yourself in your mind … I am growing more open-minded and good-humored. Happiness, peace and cheerfulness are now becoming my normal state of mind. Every day I am becoming more and more happy, cheerful and understanding. People seem to flock around me for happiness and cheeriness, as they seem to be a natural state of mind with me. Happiness, peace, and cheerfulness are what I am becoming, as it is natural for me to be this way. I am grateful to be this way. I am very thankful for my new attitudes of happiness, peace and cheerfulness. I see the good in everyone and everything around me. I choose to focus on the good and happy things of life. I am happy, I am peaceful and I am cheerful in all that I do.

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Developing Peace in Life

By Rene A. Bastarache, CHI

You have a desire to develop and keep peace in your life ... You are going to develop a few new techniques or qualities that will help you to keep peace with your family, friends, co-workers and even with strangers … In order to keep peace you must be aware that it takes a conscious effort.

Think about that for a moment … it takes an effort to keep the peace in your life.

People are all different … You must give them room … leniency … and be tolerant of the differences. … We all have our weaknesses … Don't expect others to be perfect … You must make allowances for the imperfections and weaknesses of people … Everyone is allowed to have a bad day once in a while ... Believe in the best in people and stop keeping a "record" of everything that they do wrong, to be brought up at a future time…

Do you want to be right all the time … or do you want to have peace? …
Sometimes you have to be a bigger person, and overlook a few things … you must be tolerant …

You must also learn to stop being offended so easily and frequently…

Don't make a big deal out of things that are really not a big deal ... By letting enough insignificant things build up, they will eventually become significant … too big to deal with … Let go of the insignificant things … rise above them, be the big person … It's not about winning all the time, it's about keeping peace in your life …

When dealing with relationships … it is important to realize that opposites attract each other … and in many cases the things that attracted our partners or friends to us … were their differences … They have "different" strengths … and most likely different thoughts, feelings and beliefs … They do not think the same way that we do … Because of these differences … we should complete each other and not compete with each other ... Our differences are our strengths ... We must overlook their weaknesses ...

In a moment I am going to name some of the new qualities that you are going to

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develop … to help you in this growth process of bringing peace in your life ... As I mention each one of them to you, I want you to repeat the quality to yourself, quietly in your mind … and take a moment to dwell on each one … to think about what it means to you … and how you can use it ...

The first one is maturity … think about what it means to be mature … especially in dealing with others … and in developing peace … and being mature enough to let go … Take a moment to dwell on this quality … and think about what it means and how you can use it … (pause) … The next quality that I would like you to repeat to yourself quietly … and to think about is tolerance … (Give them a few moments of silence for them to dwell on it) … The next quality is forgiveness … Take a few moments to think about forgiveness and how it can help you in this goal … (pause) … good, and the next quality is mercy … (pause) … Now take a moment to think about the next quality which is sensitivity … (pause) … The next quality is "being non judgmental" … and the next one is being loving … (pause) … and the final quality you will develop, that I would like you think about is that of being accepting … (pause)

Now take a deep breath … and exhale … and relax and allow all these suggestions to become part of you …

You'll find that you will follow your intuition … When you get those feelings or prodding … that "still small voice" … that you should walk away … or let go… FOLLOW IT! … and do just that ... It may not be "fair" … but be the bigger person ... Because you are now able to let go, to keep the peace …

Don't give negative a place to start ... You do everything you can to "keep the peace"…

Let go … move on … accept … rise above … agree to disagree (in quiet)! … be flexible … adapt … adjust … forgive … do it now! …… Peace starts with you! …

Your reward for all your efforts …. Will be the "peace itself"… as well as happiness … strength … and added health.

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Exam Anxiety

By Rene A. Bastarache, CHI

You are calm, relaxed and clear minded. You are focused. You no longer have anxiety about taking tests. Anxiety is part of the past, like a distant memory that doesn't affect you anymore. You realize that the purpose of taking a test is to show your knowledge on a subject and because you have improved your steady habits and because you are prepared you look forward to and enjoy taking tests. You are anxious to prove that you know your materials. From this moment on test taking is a pleasure, because you are prepared. You are focused and everything you have studied is in your subconscious mind. You have 100% retention and you also have immediate recall at will, as soon as you read the question on your test the answer immediately comes to you.

You realize that a test is only answering a series of questions from your teacher to ensure that you understand the materials that you studied. You are prepared for your test and you approach your tests in a confident and enthusiastic manner. You always do well because you know what the answers are. You read the question and the answer immediately comes to your mind. You remember all that you have learned. You recall the correct answers because you are prepared. You are calm and relaxed during your tests. You feel very confident because you have studied and are prepared. When you have finished answering the questions you'll be surprised to discover that you actually remembered far more about the topic than you actually needed.

There is no confusion when you read the questions on a test as to what is being asked. You understand your questions clearly and you know what they are asking for. Everything you have ever studied is completely recorded in your subconscious mind and when you read the questions the answers come to you because you are prepared and you have studied.

You no longer become nervous during tests because you are prepared and anxious to show the knowledge that you have acquired on the subjects your being tested for. If any time you feel anxiety may be coming on, you simply take a deep breath and then you exhale and you will relax completely. Your mind will open up to remember the answers to the questions you are being asked. You will do well on all of your tests. You are confident, prepared and relaxed. You are in control.

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Grinding Teeth

By Rene A. Bastarache, CHI

You no longer grind your teeth. Grinding your teeth is a nervous reaction or vent which was your body's way of dealing with stress and nervousness in the past and you no longer do it anymore. This was a negative habit, and you are letting it go. Letting it go as a negative thing of the past that you no longer want. You no longer hurt yourself as a way of dealing with stress. Your new way of dealing with stress is simply by taking a deep breath and as you exhale you let all the stress go. Remember, you are in control. You feel confident and happy that you no longer grind your teeth. You will find that your teeth are becoming healthier and your entire mouth feels better.

Things that used to bother you or upset you or stress you no longer affect you anymore. You no longer need a physical outlet or a nervous habit to relieve stress or tension. That negative habit is gone and being replaced with a positive, good habit. From now on you just take a deep breath, relax, and everything is fine. You are now in control.

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Energy *(Non-analytical only)*

By Rene A. Bastarache, CHI

I want you to use your imagination. Take a deep breath and hold for a second, as you breathe in imagine yourself breathing in pure energy from the universe. You can even visualize this energy as being a bright white healing fluffy substance. Each time you exhale you release negativity and discomfort. Each time you inhale you inhale more of that pure white energy until it fills you up completely. Imagine that as the energy goes in it remains with you until you are completely filled. Now make a mental scan over your entire body to see if you have any energy leaks. As you do, if you see any leaks you will see the white comfortable energy visibly escaping. If you see any of these leaks, use your imagination and imagine yourself repairing them. Just imagine it and it will happen. Until they are all repaired (Pause a few moments).

Now that you have completely repaired any leaks, you can allow the energy to continue to flow through you. As you inhale and exhale the energy both enters and can flow outwards continually keeping you energized and feeling wonderful. As you continue to imagine this energy flowing in and out of you and filling you up, it seems to absorb itself into every cell of your being. It fills you up so much that it seems to form a protective shield around your body. This protective shield protects you from any negative. No longer can the influence of anyone or anything drain your energy any longer.

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No more excuses

(Non-analytical only)

By Rene A. Bastarache, CHI

To be used as an auto suggestion or with clients tell them to repeat after you.

From this point forward I am taking responsibility for my own actions ... I am no longer making excuses for my actions or placing blame with anyone else ... I take responsibility ... I am becoming truthful with myself ... especially in the area of my actions … I own them ... I alone am responsible for what I do ... whether I am experiencing happiness or difficulties with my life … I now realize that they come from me ...

I am now able to look inside … to go beyond the surface … and then even a little bit further ... By looking deep inside myself … and becoming honest with myself … I realize that I no longer have to rationalize … or make excuses … for the occurrences of things that happen in my life ...

I realize that in order to change anything in my life … that change begins with me … I realize that by being honest, and facing the truth about myself … that only then can change take place ... I realize that who I am today, is a direct result of the decisions that I made yesterday … and who I will be tomorrow, will be dependent on the decisions that I make today …

I am now able to take the time to examine myself and my life … to find the things that make me upset or frustrated ... Once I have found these things, I am able to change them …

From this moment forward … these are the new life-changing steps that I embrace willingly, and happily … to find happiness in my life … I now take the time and effort to examine myself by looking inside … I face the truth about myself and my actions … I take responsibility for my actions … I no longer make excuses … I do not blame any other person such as parents, friends, or even society, for my situations or my actions ... I am in control … and responsible for my own destiny.

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Procrastination Script

By Karen Shinkle, CHP

As you continue to drift on down, deeper and deeper into relaxation, so calm and peaceful, I'm going to present some suggestions to your subconscious mind that will be reasonable, acceptable, and in your best interests. As you drift down deeper and deeper, continuing to relax with each breath you draw in, you are beginning to notice a new and wonderful feeling of increased motivation and purpose is beginning to surface from inside of you. And this feeling is growing in strength although it feels comfortable to you and feels almost as if it has always been there ….. but was somehow just not as noticeable before.

You are now happy and delighted whenever you think of the things that you would like to or need to accomplish. It feels good to have a purpose to direct your energies toward each day. If there is work to do, it feels good to do it and to complete it. Any assignments, homework, or household tasks or chores, are actually fun to do and complete. When you are at work or school, you feel calm and relaxed about anything added to your list that will require your time and attention later in the day, week, or even year, because you now have a strong sense of motivation and purpose. You even feel peaceful about doing these tasks and completing all that is required to be successful at work, school, or even at home.

Assignments and projects are seen as fun challenges to easily be prioritized and completed in order of their importance in your life. And you see anything that guarantees your success in school, especially, as important in your life … just as much as your friends and family relationships are important to you. And you easily find time to enjoy family, friends, and other interests and activities while still completing things that will ensure your success in school and for your future goals.

Now when there is an assignment, you get it done at the earliest time possible, knowing that this way you can also find time to do other things you value and enjoy. You no longer wish to torture yourself by spending time doing other things while worrying about a list of homework or chores that you "should" be getting done. You simply do what needs to be done … and move on … with ease and enjoyment during the whole process. When you think of assignments or studying or even chores that needs to be done, you are comfortable and at ease with these thoughts, because you are confident that you will succeed at accomplishing all of your goals. In fact, you

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will find that you have more time to relax and enjoy your friends, family, or other interests now that you are more in touch with your strong sense of motivation and purpose to complete any activities that you know will increase your likelihood of being successful. It feels soooo good to complete things that you wonder why you waited so long in the past to get to them … but you don't beat yourself up … rather you just recognize that now you see things differently and now you get things done much more easily and quickly … and you feel great about yourself and your life … as you should … because you deserve to feel good about yourself and now you are doing the things that reflect that good feeling more and more often.

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Self Esteem I

By Rene A. Bastarache, CHI

From this day forward when you look into the mirror you will see a confident and capable person … all the negative statements that someone has said to you in your past are no more … In fact, anytime someone says something negative to you your subconscious mind will cancel the statement and not accept it … you deserve happiness…you are a unique and beautiful being…you have talents and gifts that no other person has … success and happiness are your birthright … From this day forward you will be self confident … capable … determined … you love yourself … you will no longer see flaws when you look at yourself in the mirror… you are an important and valuable person …

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Self Sabotage

By Rene A. Bastarache, CHI

You are a self-confident, successful winner who accomplishes your goals. You are your own best friend and can accomplish anything you wish. Your only limitation is your imagination and now you let your imagination go free. In the past there may have been times when you got in your own way but that was then, it was old behavior and part of the past, you no longer do that. From now on nothing stands in your way. You are a winner; your life is a series of successes. You allow only positive thoughts to run through your mind. You have a strong drive to be successful, to be a winner. Any tasks that you take on, you are confident and have a strong sense of follow-through. You finish all your tasks in a positive manner and never have any doubt that you will succeed.

You are going to find that beginning right now you are success oriented and there is nothing and no one who can keep you from becoming the success that you desire. You expect to succeed in everything. You feel enthusiasm and confidence in all that you do. From now on you no longer procrastinate. You feel a sense of urgency to complete all that needs to be done. Your new motto is do it now! You feel a sense of satisfaction as you accomplish more and more each day. Every day your work gets easier to accomplish, to finish. You are going to stop worrying when jobs come up and you are going to find confidence and satisfaction in taking action right now. There will be no more procrastination. You are going to become a doer not a worrier. Just because you haven't done something before doesn't stop you now, you don't waste time worrying that you can't do the job perfectly. You know that you will do your best, and your best will become better and better. You'll do it now! By leaving procrastination behind you are going to find that you have more time to do the things that you enjoy. You'll feel more organized, more in control, more confident. You'll find that your free time is indeed just that, your free time!

You are now highly motivated. You exude confidence in all that you do. Self-doubt and fear are things of the past and you now replace them with confidence and conviction. You trust your abilities and know that you can do anything that you set your mind on. You are successful in all that you do. Other people enjoy being around you because of your confidence and ability. You have a very open mind and are creative.

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Smoking Cessation

By Rene A. Bastarache, CHI

You have decided to quit smoking ... and the way that you are going to quit smoking today, is simply to relax ... that's right you're going to slow down, relax, and just let everything go ... and take this time ... that you've chosen for yourself ... to feel comfortable, relax, and totally at ease ... you have no place else to be right now ... and nothing else to do ... you have selected this time to be here ... so just let everything go ... leave all bothersome thoughts behind ... and take this time that you've chosen to be here ... to be completely relaxed ... the more you allow yourself to relax ... the closer you are to becoming a nonsmoker ...

You have come here today because you have a strong desire to stop smoking ... No one else has forced you to come here ... You have come here because you have decided that today is the day ... Today is the day that you have decided to be a nonsmoker once and for all ... no little piece of white paper wrapped around tobacco is going to control you any more ... because you are now in control ... and you have taken the first step ... here ... now ... and today ... To become a nonsmoker ... and by the end of this session ... in just a few moments ... your goal will be reached ... and you will leave this session a nonsmoker ... you will have stopped smoking ... once and for all ... that nasty habit of the past will be gone ... you'll begin your new life as a nonsmoker ... and you'll never smoke again ...

So as time passes by ... right now ... think of yourself in the following way ... I am a nonsmoker ... I have stopped smoking ... and I will never smoke again ... and as a nonsmoker I have the ability to be around other people who smoke ... I have the ability to enjoy life as a nonsmoker ... everything I do ... from this moment on ... is better as a nonsmoker ... it doesn't matter whether I'm at home ... at work ... alone or with others ... I am in control ... anywhere I go ... and no matter what I am doing ... whether I am having dinner ... relaxing ... driving ... working ... or having a break ... everything is so much more enjoyable ... so much better as a nonsmoker ...

You feel so much better ... As a nonsmoker ... so much healthier ... so much happier ... you'll find that each and every day you'll be able to breathe easier ... enjoy life more...

Just feel that confidence begin to move through you ... allow a wonderful feeling

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of confidence to move through you right now ... at this very moment ... realizing that you are a nonsmoker ... feel the confidence that you now have ... you have overcome that negative habit ... you have reached your goal and become a nonsmoker ... here and now ... you can feel that confidence moving through you ... just filling you up ...

It is important to realize that to accomplish anything worthwhile in your life ... you must give it 100% effort ... and to remain a nonsmoker is no different ... you must give it 100% effort ... 100% to win ... by giving it 100% you have made a commitment to win ... you have made this commitment to yourself ... that you will always move forward ... and always give it 100% ... 100% to win ... You have stopped smoking ... you are a nonsmoker ... and you will never smoke again ... from this moment on ... your desire ... your commitment to your health ... is stronger than ever before ...

In addition to being a nonsmoker ... you are also beginning a new positive habit ... one that will help you in every part of your life ... you'll find that from this moment forward ... that water will taste better to you than ever before ... that wonderful crisp, refreshing water will quench your thirst like it never has ... that life giving water will help you in every step of the way to become healthier ... you have overcome a negative habit and are replacing it with this new positive habit, of drinking water ... that wonderful refreshing water ... in fact you might even be noticing right now ... that by just thinking about water ... your mouth is beginning to become dry and parched … This is your body's natural reaction to thirst ... you have more of a desire than ever before to drink that wonderful crisp refreshing water...

You know, now that you have stopped smoking you'll find that you have more energy, energy that will be needed to be put to good use ... You'll find yourself being able to move easier ... feeling better about yourself ... There are many things you can do that will help you to be healthier ... maybe going for a short walk in the morning ... maybe parking your car a little further away at work or at the grocery store to get in a little more exercise ... you may even find yourself eating a little healthier ... all of these things ... are a natural by-product ... of becoming healthier as you have just done.

Congratulations, you are a nonsmoker now! ... You have stopped smoking ... and you will never smoke again...

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Stress Reduction

By Rene A. Bastarache, CHI

I'd like you to take a deep breath now … and hold it for a few seconds … exhale and relax … Now take a second deep breath, as deep as you can … and as you exhale just allow any stress you might have lingering, to just let go … and one more time take a third deep breath … as deep as you can … hold it … and as you exhale … just think to yourself the words "relax now".

This is your new solution for stress … Whenever you become stressed in the future … you'll simply relax … take three deep breaths … and on your third one, as you exhale … you will simply say to yourself the words "relax now".

You are now developing a new way to relax … you are letting go of the stress of the past and have decided now that you want to relax … No longer do you need stress in your life … No longer do you need depression or anger in your life … From now on you choose to be relaxed … You choose to be calm … and you choose to be in control in all that you do … because your health is important to you … You are changing the way that you used to act and you are replacing it with the new positive suggestions I am about to give you …

By following these few simple suggestions that I am about to give you … you'll find yourself being stress free in all that you do … You'll find yourself being relaxed in situations that you may not have been relaxed in before … and with your new relaxed lifestyle … you'll find yourself being happier … more positive minded … and enjoying all that you do.

The first suggestion that I am going to give you is that whenever you find yourself having negative, unproductive thoughts, you'll immediately say to yourself the word STOP! … Let me repeat that to you so it is perfectly clear … Whenever you find yourself having negative, unproductive thoughts, you'll immediately say to yourself the word STOP! … and as soon as you say the word STOP … you'll find that the negative thoughts you were having had just disappeared … It will give you the opportunity to start a new, positive thought process.

The next technique you are going to learn is the art of acceptance … accepting things as they are … rather than allowing them to escalate out of control … From this

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moment on … anytime you find yourself getting stressed, because of a situation that seems to be going out of control … You will stop worrying about what could happen … all the negative scenarios … and instead … you will accept … what has happened for exactly what it is … You can use your thought process to think the situation through to see what reasonable outcomes may be there … realizing that once you have worked them through, they are always better than if you let your mind run free and worry … Worry is a thing of the past … it is now replaced … with relaxation.

You are now in control … of your thoughts … your feelings … and your emotions … you have become an actor … rather than a re-actor … which simply means that in any given situation … you … and only you … choose … how you are going to react … or to act … and now you choose to act … calmly … positively … and in control.

Just for a moment I would like you to concentrate on your breathing … take a breath in … and exhale, and as soon as you feel all the breath leave your body and you are prepared to take another breath count to yourself quietly, 25 … take a second breath, not necessarily a deep breath just a normal one, and exhale … and when that breath is finished count to yourself 24 … then take another normal breath, whatever length seems comfortable to you … and exhale … then count to yourself 23 … and continue doing this on your own, with another breath, counting 22, and 21, all the way down to one … and as soon as you take your last deep breath, exhale, and say the number one, you will open your eyes … feeling calm … and relaxed … in every way … in fact you will find yourself more relaxed than you have ever been before …

So continue counting even as I speak … each one of your breaths … concentrating on your breathing … noticing the flow, of the air … as it enters your body … fills you up … and then leaves once again … study the sensations you feel … with every breath you take you relax more and more, with every breath you take you feel more peaceful and more serene as you go down deeper and deeper into the relaxed state … and as soon as you count to the number one you will open your eyes once again feeling wonderful in every way …

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Study Habits

By Rene A. Bastarache, CHI

You have continued to study the same way since you were a child. As you grew older many things in your life have changed however you are still studying the same way. So you will now learn a more effective, better way of studying. Setting a new habit is easy to do and you are now going to set a new habit of studying.

You now find all of your studies interesting and because you find them interesting you'll find it very easy to concentrate on your studies. You will not become bored with your studies because you find them so interesting. You enjoy learning new materials and gaining information. You find that you now absorb all the information that you learn.

Your mind is the most perfect computer ever made. Your strong subconscious mind stores every bit of information that you have ever experienced. All that information and all the new information that you are now learning is available with perfect recall in your mind. You retain all the information that you learn.

You no longer procrastinate or put off your studies because you find your studies so interesting. You will get them done as early as possible. By doing this you'll find that you have more free time. It gives you a great sense of confidence and satisfaction to finish and be caught up on all of your studies. You find that you are more disciplined in your studies than ever before.

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Success *(Non-analytical only)*

By Rene A. Bastarache, CHI
This is an auto suggestion script

I am successful … I am thankful for my success … I am positive minded … I affect all those around me in positive ways … I am happy … I smile often … Each morning I begin my day peaceful, happy and with a smile … I greet people with a smile, enthusiasm and interest … I encourage and inspire others.

I am successful … Little things do not bother me or effect me … I no longer allow outside influences to affect me negatively … I am positive at all times, and in control … I think good thoughts … and do not allow negative thoughts to enter my mind … I fill my mind with only good thoughts and good feelings … helping me to feel happy … I do not worry, panic or have fear as a result of events in my life … I realize that things are as they are … Events unfold and happen … not to hurt or punish … they just happen … and I now realize that … and accept things as they come … I practice awareness … being opened to my surroundings … and am aware of opportunities as they arise.

I am successful … I welcome success with joy, happiness and open arms … Things are going my way … Good things have a way of finding me … I attract positive people and success to me ... I enjoy and am comfortable being around positive, successful people … I network as often as possible with successful people … I am a success magnet that keeps attracting good and abundance to me.

I am successful … I now act and think as someone who already is successful … Positive opportunities come to me … I deserved to be successful … it is my divine right to be successful … I have earned it and now is my time … It is OK to be successful … I am prepared for success … and success is attracted to me … Good times are here … I am physically, emotionally and financially secure … I walk with my head held high, proud of my success which is reflected to others by my actions .

I am successful … I am relaxed and calm … I am able to rejuvenate and refresh myself very easily … It is natural for me to feel good … It is natural for me to be healthy and strong … I feel terrific … physically … and mentally fit … My mind is keen and creative … My memory continually improves and is open to new experiences… I learn everyday …

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Test Taking

By Rene Bastarache, CHI

You have come to this deep relaxed state so as to learn an effective way to take tests successfully. That is exactly what will happen as a result of this session. Right now, you are changing the way you look at test taking. Let every negative thought from the past having to do with taking tests go away. Let all negative fade away like an old memory that is not useful to you anymore because right now ... you are going to learn the most effective techniques to taking test. From this moment on you will look forward to test taking and will do very well with them. One of the secrets of test taking is simply to know what your instructor is asking. All test taking is … is a way for you to show how well you have learned your materials. How well you have studied. And from now on you will do very well in taking tests because you will be prepared for them. You will find that all of your studies come easily to you because you enjoy what you are studying. You no longer procrastinate your studies until the last moment. You now study for your tests at the earliest convenience and you are able to retain all that you read. Remembering is not an effort to you. All information that you study, read or take in from any of your senses is recorded in your subconscious mind. It is the world's best computer and you now have the ability to recall information at will. When you are taking a tests you look forward to taking it because you know your subject matter, you have studied and are anxious to show how well you know it. You are always relaxed when you take your tests and information comes to you easily. As soon as you read the questions on your test the answer immediately comes to you. It is clear as a bell and there is no confusion. If you find yourself getting anxious during the test or are not remembering immediately, you will simply take a deep breath and relax and the answer will flow through your mind freely. You no longer second guess yourself as the answers will immediately come to you. Test taking is easy … Test taking is enjoyable and exciting … You are prepared.

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Weight Loss

By Rene A. Bastarache, CHI

You are here to lose weight and to become healthier ... and the way you are going to lose weight ... beginning right now ... is just by relaxing ... that's right, you are going to sit back ... relax ... and allow yourself to accept all the suggestions ... that I am about to give you ...

If you can accept all the suggestions that are being given to you without being critical of them or without over examining them ... and can follow my instructions exactly as I give them to you, you will lose all the weight you desire and attain your goal weight ... Let me repeat that again so it is perfectly clear ... If you can accept all the suggestions that are being given to you without being critical of them or without over examining them ... and can follow my instructions exactly as I give them to you, you will lose all the weight you desire and attain your goal weight ...

Yes, this is a very strong statement to say however in the relaxed state that you are now in, your mind is more open to suggestions than at any other time ... and suggestions given in this state are very effective to the subconscious mind ...

Being in this relax state that you are now in you may be hearing every word that I say ... or you may only be hearing bits and pieces. As your mind strays back and forth ... here ... and there ... it doesn't matter whether you're listening to me as I speak or not ... all you need to do is relax ... Your conscious mind may be floating all over with many different thoughts going through it ... however you're subconscious mind hears everything, and always pays attention ... and it is to the subconscious mind that I am speaking to right now...

From this very moment, starting right now ... You no longer have the urge to overeat or to snack in between meals ... Because healthy, well-balanced meals, more than satisfy your appetite ... and the taste and fragrance of your food are better than ever before ... Rich, heavy, sweet, fattening foods and drink just no longer appeal to you ... Because healthy life-giving foods taste wonderful, and fill you up.

From now on you noticeably eat your food slower ... Chewing your food thoroughly ... You put down your fork in between bites and don't pick it up again until the bite in your mouth is gone ... You chew slowly so you can digest your food better

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and you find that you become full, even though you have eaten much less than before.

Imagine yourself right now, standing in front of you at your goal weight ... Imagine yourself standing there and notice what you are wearing, how you look ... How you feel ... Notice how healthy you are ... Notice the confidence that you have ... Look at yourself, get it clear in your mind, because this is the "goal" you. How much do you weigh in this picture? ... Get that weight clear in your mind ... This is the weight that you feel you can comfortably reach, your goal weight ... See yourself clearly, with as much detail as possible ... This is you, this is your goal ... this is what you will become if you follow all of these instructions, exactly as they are given to you ...

You will find you'll be drinking water more than you ever have before ... water will be there to help you lose weight and to remain healthy. Before every meal, you will drink at least one glass of water ... That wonderful crisp, clear refreshing water will taste great to you ... You'll find yourself craving water more and more each and every day ...

From now on you will eat only healthy meals, not becoming hungry in between meals ... You'll not want to overeat or stuff yourself because you'll feel so much healthier, so much happier, so much more vigorous, without an uncomfortable over filled stomach ... You will eat until you are satisfied, and not until you are stuffed ... You will best accomplished this by eating slowly ...

When you do snack from now on you will snack on healthy items ... No longer will sweets or unhealthy munchy-crunchy foods appeal to you. From now on healthy foods appeal to you and if you find yourself in need of something to eat, you'll search out healthy foods and of course you will drink water.

You'll not lose weight so quickly that it will harm your health, but you will lose weight in a steady constant manner ... and with your new lighter (figure *for female or* physique *for male*) you'll find that you have more energy ... Energy that will be needed to be put to good use ... You'll find you can move around more easily and exercise more than you have before ... Everything you do will become easier … and you will want to do more each and every day to increase your health.

No longer do you eat due to boredom ... No longer do you eat just for something

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to do ... No longer do you eat because you are nervous, tense or frustrated. Negative eating is all part of the past.

From now on, you eat to sustain yourself ... You "eat to live", and not "live to eat", that is all part of the past ... You now get enjoyment from other things rather than just food ... You find that doing healthy fun things, brings you enjoyment ... Eating is just something that you do to get energy so you can continue doing the things you enjoy ...

Each meal that you eat, you'll leave a small portion of food on your plate, that you will then throw away once you are finished ... It is no longer important to eat every morsel of food on your plate ... As you find yourself doing this, more and more you'll find that portion you left on your plate to become more and more ... This will aid you in not eating such large meals ... When you are eating at home you'll leave the food on the stove or the serving area and only bring the food to the table that is on your plate. By not having all the food around you at the table you'll find it easier to eat less. You'll find that by having one plate of food that you will be completely satisfied, even knowing that you have left some food on your plate ... It will give you great confidence to know that you can walk away, leaving food on your plate ... confidence that will continue to grow more and more as you proceed toward your goal ...

(Additional personal suggestions can be added here)

You are in control of yourself now and are taking the first step at controlling your eating habits ... right now ... Take control ... Eat healthier ... And attain your goal weight.

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Wealth & prosperity *(Non-analytical only)*

By Rene A. Bastarache, CHI

I'd like you to use your imagination ... Imagine your own mind as a garden. You are the gardener and you are planting seeds … The seeds are your thoughts, all day long you are planting thoughts or seeds in your subconscious mind based on the way that you normally think ... The way that you think, and you sow the seeds in your subconscious mind are the same way that you will reap the reward in your body and your surroundings.

You must begin to sow new seeds. You must plant seeds of peace, happiness, right action, prosperity, and wealth. Think quietly right now on the qualities that you would like to sow in your garden … in your mind … and accept them fully in your conscious, reasoning mind. Continue to plant these wonderful seeds in the garden of your mind and as they grow you will reap the benefits of your deepest desires.

Change the way that you think from now on. You will no longer end a negative statement. When you find yourself saying something negative immediately stop yourself and finish it positively. Each negative statement that you make is planting a negative seed in your mind whereas each positive statement is planting a positive seed. Your subconscious mind takes everything literally and when you make a negative statement or a positive statement it will try everything within its power to make those statements come to pass. From now on you want only positive statements such as "I can afford it" or "I can do this".

The law of life is the law of belief. A belief is a thought in your mind. Do not believe in things that can harm you or drag you down. Believe in the power of your subconscious mind to heal, strengthen and cause you to succeed. What the mind can conceive, the mind can achieve.

You are always on the look-out for good, positive opportunities. New opportunities easily and frequently come your way. You are on top of your game and recognize all opportunities as they occur. You always seem to be at the right place at the right time.

Change your thoughts and you change your destiny. See yourself the way you want to be. Visualize yourself right now as the prosperous person that you would like

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to be, realizing that you have a right to be this person. You deserve prosperity. Prosperity, health and happiness are natural. Meagerness, sickness and sadness are un-natural. Therefore imagine the natural you, as that healthy, happy and prosperous person. Get it clearly in your mind. What are you wearing? What are you doing? Focus on how you are feeling emotionally and physically as this healthy, happy and prosperous person. See yourself no longer having stress from bills as you now have more than enough money to pay bills, invest in your business, your future and even plenty for vacation and travel. You now have more than enough! This person that you are imagining right now is you, accept it as you. Allow it to become you. As you accept it and acknowledge yourselves as this healthy, happy and prosperous person, so will it become. Commit everything about this person to memory, how you look, how you feel and how you are acting, so you can remember and see yourself as this person as often as possible. As long as you can keep these positive thoughts and memories alive, they will become your reality.

You keep moving forward. You no longer accept things as they are… you are always keeping yourself positive and never give up. You keep on pushing onward and moving upward.

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"In the end, everything is a gag."

Charlie Chaplin

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CHAPTER 10

AWAKENING

It is important upon awakening your subjects that you always do it in a positive manner so they come out of the session feeling wonderful and energized. On the next pages you will find a sample script with positive suggestions that you may use. Be creative and create one of your own.

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Awakening I

By Rene A. Bastarache, CHI

In just a moment I am going to count to five … and at the count of five you will come all the way back from hypnosis to the here and now … feeling totally relaxed and comfortable.

1. You are beginning to emerge from hypnosis …

2. Feeling wonderful in every way …

3. Your mind is clear and alert …

4. Your eyes are starting to open … and …

5. Eyes wide open, fully awake … and feeling fine.

(Good Morning…)

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Awakening II - Do by yourself

By Rene A. Bastarache, CHI

In just a moment I'd like you to count to yourself quietly from 1 to 5 … taking a deep breath between each count … and when you reach the number 5 … you will awaken refreshed … opening your eyes … feeling wonderful in every way. Now … Go ahead and begin on your own …

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Awakening III - Alert

By Rene A. Bastarache, CHI

(To awaken alert rather than drowsy)

In just a moment I will count to five and that the count of five I will snap my fingers, and when I do you will be fully awake feeling better than before and very energized.

One … starting to emerge from hypnosis …

Two … feeling energized and alert …

Three … in just a moment when I snap my fingers … you will feel better than before and very alert

Four … Your eyes are beginning to open … and

Five … *(snap your fingers as you say five)* feeling energized, alert, and better than before.

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GETTING STUCK IN HYPNOSIS

Occasionally a client will not open their eyes after a session. It is important for you to realize as the Hypnotherapist that it is impossible to remain stuck in hypnosis. So usually when a client is not opening their eyes it is because they are enjoying it, and are so relaxed that they prefer to remain there, or there is always a possibility that they may have fallen asleep. In the event that this happens attempt once more to count them out of hypnosis. If they still do not awaken and you think they may be asleep, call them by their first name. Normally when somebody hears their name even if they are asleep they'll open their eyes and respond.

If they still will not awaken you can say to them "I see that you are very relaxed and are enjoying the session, my fee is $100 per hour and I am leaving now but you can stay here as long as you'd like to." Usually by the time you stand up they will have their eyes opened. Remember, they "can" hear you, they just choose to not open their eyes. If that doesn't work you may want to say something like, "It's lunchtime now and I am going to go to lunch. I'm hungry and I'm sure you're getting hungry, too".

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"Always bear in mind that your own resolution to succeed is more important than any one thing."

Abraham Lincoln

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CHAPTER 11

DEPTH LEVELS

There are many different levels of hypnosis and many various gauges that can be used to determine them.

In this section you will see the top five used depth level charts that are available today and we will discuss in detail the Arons Depth Scale which is the one most commonly used by hypnosis practitioners.

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WAKING HYPNOSIS

When does hypnosis really begin? Where does it end? At what point does someone go into hypnosis? Does anyone know? No one really knows when exactly a subject goes into or comes out of hypnosis. However, maybe you can draw your own conclusions…

Exercise - Stand with your feet a comfortable distance apart and extend your right arm with your fingers tightly clenched in a fist, so you can feel your fingernails pressing into your palms. I want you to think that you cannot open your fist. As long as you feel your nails pressing into your palm, you'll be unable to open your fist. I'll count to three and at the count of three your hand will be so tightly clenched you'll be unable to open it. Think, you cannot open your fist! … 1 … your hand is getting tighter and tighter … you will not be able to open it … 2 … tighter and tighter ... you can feel your nails in the palm of your hand as it is fused shut … and … 3 - **try, you cannot! You cannot!** … and stop trying

Were you in hypnosis? When did hypnosis begin? When did it end? Does it begin or end at any time? Will we ever know, or will it remain a mystery?

STAGES OF HYPNOSIS

There are many different methods of judging trance depth. Below are four of the most commonly used. Number 5 is a newer one that you may find helpful.

1. Davis - Husband 30 levels
2. LeCron - Bordeaux 50 levels
3. Stanford Scale 12 levels
4. Harry Arons Depth Scale 6 levels
5. The Sunnen Trance Scale 100 levels

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ARONS DEPTH SCALE

In this course we will be working with the Arons depth scale. It has all the levels we will need.

Information on the other scales are included in this manual for your information.

There are two divisions

1. The first three stages are known as the Mnesic stages. (memory retaining)

2. The last three stages are known as the Amnesic stages. They are also known as the forgetting stages. Most subjects while in these stages will awaken and have no recollection of what transpired.

Judging trance depth criteria

1. Catalepsy -	The first three stages pertain to varying degrees of catalepsy - (muscular control)
2. Amnesia -	Divides the third and fourth stages. third stage - Unable to articulate the word. fourth stage - Unable to remember the word.
3. Anesthesia -	Divides the fourth and fifth stages.
4. Hallucinations -	Fifth stage - Positive hallucinations - Seeing and hearing what is not really there. A mirage Sixth stage - Negative hallucinations - Not seeing or hearing what actually is there.

The entire concept of a negative hallucination can be hard to grasp. An example would be if you had a chair in the middle of a room and under hypnosis you were told that you could not see that chair anymore, and were told to sit down … you would be looking all around the room for another chair, not seeing the one that was in the middle of the room. However, in looking for the other chair, you would not trip or fall over the one that was made invisible. In order for the mind to not see something

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that is actually there, it must first register what not to see. Therefore, you would walk around the chair, look over it, look under it, and maybe even look through it, but you would walk "around it" while searching the room.

Here is a chart that breaks down the six stages of the Arons depth scale.

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ARONS DEPTH SCALE

MNESIC LEVELS

1. Eye catalepsy - very light, subject feels wide awake.
   HYPNODIAL - Simple muscle control. Deep enough for smoking cessation, weight loss and many subjects.
2. Arm catalepsy - Critical reasoning is impared. Larger muscle groups can be manipulated. A slightly deeper state than #1. Most sessions are done in this level.
3. Number block - Almost complete control of the entire muscular system. Subject will not be able to articulate a word, but can still "remember it".

AMNESIC LEVELS

4. Glove analgesia / anestesia - The beginning of amnesia. Subject will not be able to "remember" a number, address or even their name. Good for dental work.
   Analgesia - Feeling pressure but NO pain.
5. Anestesia - No pressure or pain. Deep enough for most surgeries. Complete anestesia. Beginning of somnambulism.
   Positive Hallucinations - (seeing what is not there)
6. Negative hallucinations - (not seeing things or sounds that are actually there.) Effect senses of sight and hearing negatively. Profound Somnambulism.

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Depth testing script

By Rene A. Bastarache, CHI

(6 levels - correlates to the Arons Depth Scale)

Throughout this entire exercise is it vital that you allow yourself to relax, do not think critically of the instructions, or try to resist. Allow relaxation to happen and follow the instructions as closely as you can using your strong imagination. The purpose of the exercise is to help you to attain the most helpful state of hypnosis in which your suggestions can be acted upon successfully.

(You would begin this depth test process once you have already completed and induction or relaxation, and your client already has their eyes closed.)

Level I Test - In just a moment I am going to ask you to try to open your eyes and if you use your imagination you will not be able to do so ... Your eyes will feel as if they are glued shut ... You may be able to manage the muscles around the eyebrows but not your eyelids ... So, at the count of three … try to open your eyelids and you will not be able to do so …

1 … your eyelids are closed tight, so very tight, you will not be able to open them … 2 … no matter how hard you try to open them you will not be able to do so, they will feel as if they are fused closed ... Glued very tight … 3 … go ahead and try … YOU CANNOT! … try again… YOU CANNOT! … and stop trying now … and relax … allowing yourself to go deeper and deeper … You are doing very good …

Level II Test - I am coming over to your right side right now, taking you by the right wrist, and lifting your arm up in the air, stretching it out in front of you ... I would like you to make your arm very stiff … locking it at the elbow ... And even extending your fingers outwards, straight and stiff … visualizing your arm as if it were a solid bar of steel … If you use your imagination … at the count of three you will not be able to lower your arm … in fact you may even find that when you try to lower it, it feels like it is actually going upwards … *(with two fingers of your hand, gently push their wrist upwards slightly at the same time as you say that.)*
1 … You're arm is a solid steel rod that is stuck in the air, you will not be able to lower it … 2 … It's as if it is not even part of your body anymore, a solid steel rod, it will not lower ... 3, try to lower it, YOU CANNOT! Try again, YOU CANNOT! In

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fact it feels like it is rising up higher and higher the more you try … Now stop trying … relax … unlock your elbow and return your arm back down to where it was before … allowing yourself to let go and relax even deeper …

Level III Test In just a moment I am going to count backwards from 10 down to one. Doing this is going to help you to deepen your own hypnosis. With each number I say, you are going to open your eyes as I say the number, focusing upwards so as to cause a slight eye strain, then simply allow your eyelids to close back even deeper than before. With each number that I say, you will open your eyes, and each time they close you will relax even deeper and find it more difficult to open your eyes each time, until you will finally not want to open them any longer because it is too uncomfortable, at which time you will drop into a very deep, deep state of relaxation.

So lets go ahead and begin, as I start counting down with the number 10 … Open your eyes, causing a slight eyestrain as you look upward … good … and now allow them to close … 9 … Open … slight strain, and allow them to close even tighter than before ... 8 … open, and let them close as you go deeper and deeper ... 7 … Continuing on your own as you hear me calling out the numbers … just letting go … becoming more and more tired … 6 … So very drowsy … as your eyes close … it becomes more and more difficult to open them … 5 … allowing yourself to relax deeper and deeper … All outside sounds and distractions relax you more and more … 4 ... Deeper and deeper, going down into relaxation … 3 ... Just letting yourself go … so very relaxed … 2 … Let yourself relax as deep as you can … so very tired … and finally … 1 ... Deep … deep … relaxation … and just allow your eyes to remain closed now … so very tired, so relaxed.

In hypnosis you are able to speak to me if I ask you too… in just a moment I am going to ask you to recite the first 10 letters of the alphabet out loud. That is from A to J. Remembering that you will remain in this very deep state of relaxation, in fact you will find that you will go deeper with each and every breath you take. Now you will find that the only way you can recite the alphabet is like this … you will recite it A … B … C … D … … F … G … H … I … J. If you allow yourself to relax and use your imagination you will not be able to say the letter that comes between D … and F… If you understand that, nod your head for me … Good, now... Go ahead and recite the alphabet for me out loud from A to J. *(Wait, and give them time to recite all the letters. If they did it successfully continued to the next level, if not, use a deepener and then redo this step once again.)*

Level IV Test Continue to relax, take a deep breath … and just allow yourself to go

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deeper and deeper … I'd like you to use your imagination now … I would like you to imagine that you are an actor or an actress in a movie. This is a movie about the U.S. Army basic training. In just a moment I am going to count to three and have you open your eyes at which time you will still remain in this deep, relaxed, comfortable state. Then I will ask you to say your entire name out loud, you will answer as if you were responding to an Army Drill Sergeant, meaning … you will state your name as quickly as you can without hesitation … You will say your first name, your middle name, and then your last name, however when you go to say your last name you will have no idea what it is … It will have escaped your mind completely … You will have forgotten it ... No matter how hard you try, you will not remember your last name ... In fact even if someone tells you your last name, you will not believe that it is yours ... If you understand that, nod your head yes. Good, so at the count of three you will open your eyes remaining in this deep relaxed state … 1 ... 2 ... and 3 ... open your eyes. Remaining relaxed, I would like you to answer me quickly … Tell me your first name, middle and last name out loud please! … *(wait for the response, and keep telling them to say it quickly like they would in the military if they are not responding right away or pausing.)*

Good … now close your eyes back … and allow yourself to go even deeper into relaxation …

Level V Test In just a moment when I count to three I want you to open your eyes one more time, and when you do you will notice that I am holding a beautiful black and white cat … You will see me holding and petting this cat and will comment on how beautiful it is … You may even want to pet it yourself as it is very friendly and has never bitten anyone … however you do not have to if you do not want to … Once again when you open your eyes at the count of three you will see me holding a beautiful black-and-white cat … and comment on how it looks … If you understand that nod your head … Good … 1 … 2 … and 3 … Open your eyes … remaining relaxed … tell me what you see … *(If they say that they see a cat, have them describe the cat as best they can.)* Now close your eyes again … relax … take a deep breath … and allow yourself to go even deeper …

Level VI Test In just a moment I will count to three and at the count of three you will open your eyes … you will look down at your feet … and you will notice that your shoes and socks are missing … You can actually see your bare feet … You will have no idea what happened to your shoes and socks … and you will even want to ask someone where they have gone, or who took them off of you. If you understand

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that nod your head … good … So at the count of three, you'll open your eyes and your shoes will be missing … 1 ... 2 ... and … 3 … Open your eyes … relax … Does everything seem normal to you? … Look at your shoes … Does everything look normal there? … Describe what you see … *(wait for their response. If they were not able to see their shoes continue with ...)* Watch your feet closely, and at the count of three your shoes and socks will magically re-appear on your feet … 1 … 2 … 3... *(snap your fingers)* Your shoes are back …

Now close your eyes … and allow yourself to relax deeper and deeper … you have done a wonderful job…

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DAVIS AND HUSBAND DEPTH

In 1931 L. W. Davis and R. W. Husband worked out a point scoring system, which is included here. It has five divisions and 30 levels.

Depth	Score	Objective Symptoms
Unsusceptible	0	
Hypniodal	2	Relaxation
	3	Fluttering of lids
	4	Closing of eyes
	5	Complete physical relaxation
Light trance	6	Catalepsy of eyes
	7	Limb catalepsy
	11	Anesthesia (glove)
Medium trance	13	Partial Amnesia
	15	Posthypnotic anesthesia
	17	Personality changes
	18	Simple posthypnotic suggestions
	20	Kinesthetic delusions - complete amnesia
Somnambulism	21	Ability to open eyes without affecting trance
	23	Bizarre posthypnotic suggestions
	25	Complete somnambulism
	26	Positive visual hallucinations, posthypnotic
	27	Positive auditory hallucinations, posthypnotic
	28	Systematized posthypnotic amnesia
	29	Negative auditory hallucinations
	30	Negative hallucinations - hyper-anesthesia

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LeCRON - BORDEAUX DEPTH

The LeCron - Bordeaux depth scale is divided into six divisions with 50 levels. Two points are given for each symptom exhibited and the total score indicates the depth level.

14 to 36 = light state of hypnosis
37 to 54 = medium state
55 or more = deep state

Depth	Score	Symptoms
Insusceptible	0	Subject fails to react in any way
Hypniodal	1	Physical reaction
	2	Drowsiness apparent
	3	Fluttering of eyelids
	4	Closing of eyes
	5	Mental relaxation, partial lethargy of mind
	6	Heaviness of limbs
	7	Catalepsy of eyes
	8	Partial limb catalepsy
	9	Inhibition of small muscle groups
	10	Slower and deeper breathing, slower pulse
	11	Strong lassitude (no inclination to move, speak, think or act)
	12	Twitching of mouth or jaw during induction
	13	Rapport between subject and operator
	14	Simple posthypnotic suggestion heeded
	15	Involuntary start of eye twitch on awakening
	16	Personality changes
	17	Feeling of heaviness throughout entire body
	18	Partial feeling of detachment
Medium Trance	19	Recognition of trance (difficult to describe)
	20	Complete muscular inhibitions (kinesthetic delusions)
	21	Partial amnesia
	22	Glove anesthesia
	23	Tactile illusions
	24	Gustatory illusions
	25	Olfactory illusions

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	26	Hyperactivity to atmospheric conditions
	27	Complete catalepsy of limbs or body
Somnambulism	28	Ability to open eyes without affecting trance
	29	Fixed stare when eyes are open - papillary dilation
	30	Somnambulism
	31	Complete amnesia
	32	Systematic posthypnotic amnesia
	33	Complete anesthesia
	34	Posthypnotic anesthesia
	35	Bizarre posthypnotic suggestions heeded
	36	Uncontrolled movements of eyeballs - eye coordination lost
	37	Sensation of lightness, floating, swinging, of being bloated or swollen, detached feeling
	38	Rigidity and lag in muscular movements and reactions
	39	Fading and increase in cycles of the sound of operators voice (radio station fading in and out)
	40	Control of organic body functions
	41	Recall of lost memories
	42	Age regression
	43	Positive visual hallucinations
	45	Post auditory hallucinations
	46	Negative auditory hallucinations
	47	Stimulation of dreams
	48	Hyperesthesia
	49	Color sensations experienced
	50	Stuporous condition in which all spontaneous activity is inhibited; Somnambulism can be developed by suggestion to that effect

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STANFORD HYPNOTIC SCALE

For general instructions, description of each level and more information on the Stanford scales go to http://socrates.berkeley.edu/~kihlstrm/hypnosis_research.htm (It‘s approximately 50 pages.)

FORM C is the most widely used of the Stanford hypnotic scales

Establishing rapport prior to induction

1. **Hand lowering (right hand)**
2. **Moving hands apart**
3. **Mosquito hallucination**
4. **Taste hallucination**
5. **Arm rigidity (right arm)**
6. **Dream**
7. **Age regression**
8. **Arm immobilization (left arm)**
9. **Anosmia to Ammonia**
10. **Hallucinated voice**
11. **Negative visual hallucination**
12. **Post-hypnotic Amnesia**

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NEW DEPTH SCALE - SUNNEN TRANCE

The Sunnen Trance Scale for Hypnosis, Self-Hypnosis, and Meditation

March 2001

By G.V. Sunnen M. D.

In recent years, disciplines of the mind which center upon special mental conditions to achieve therapeutic gains have seen steady expansion. Hypnosis, self-hypnosis, and meditation are all associated with special mental states which facilitate positive personal changes and connect with higher dimensions of the psyche. Medical hypnosis is increasingly recognized as a powerful healing modality with applications in all fields of medicine. It is utilized to modulate pain, temper side effects of medications, and to accelerate convalescence. Medical hypnosis has proven itself in its ability to prepare patients for surgery, special procedures, and childbirth, by neutralizing anxiety and by instilling affirmative healing imagery. Because of the fact that hypnosis allows the mind to penetrate into the far reaches of the autonomic nervous system, investigations are under way to determine its potential to positively influence the mechanisms of disease.

Self-hypnosis is a mental skill enabling the individual to self-guide into a trance. In this practice, instructions are self-administered in order to orient the mind into new experiences of awareness. In self-hypnosis, one part of the mind exercises its executive prerogatives to direct the mind's other dimensions to travel in self-suggested directions. Self-given affirmations progressively coax the mind to new levels of physical and mental relaxation.

Meditation is a term given to numerous practices designed to bring about harmonious control of the physical self and the mind. Most forms of meditation draw upon the process or relaxed focused attention. Meditative practices vary widely according to the discipline which spawned them. Focusing upon the flow of breathing in a context of active contemplation is a central meditative method.

Hypnosis, self-hypnosis, and meditation, all have the capacity to reach special states of the mind which center upon relaxation. Indeed, hypnosis may be called the most potent non-pharmacological relaxant known to science. However, relaxation in this context signifies more than the common notion of muscular repose. Relaxation

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may start at the level of the neuromuscular system, but moves inwardly to involve the autonomic nervous system, perception, cognition, the domain of emotions, and from there, the yet poorly charted highest realms of the psyche. Each of these dimensions of relaxation is accompanied be experiential changes which are delineated in the Scale.

Hypnosis, self-hypnosis, and meditation may seem like separate entities. On closer look and in their long term practice, however, they are found to share common principles. Most importantly, they all can bring to light the fruits of greater self-comprehension, relaxed self-control, existential centeredness, and spiritual blossoming.

In the context of a practice that has extended over 20 years and has passed the mark of 500 individuals treated with hypnosis, self-hypnosis, and meditation, it was thought that the creation of a scale could facilitate therapeutic progress in several ways. The opportunity to evaluate one's evolution into the art of producing trance is valuable in terms of stimulating motivation and documenting the attainment of mastery. Furthermore, the items in the scale serve to kindle awareness of trance territories that hitherto may have been overlooked.

This scale is based upon the subjective experiences of over 500 individuals who have experienced trance. Experiences during trance states may vary widely from one individual to the next, and within the same individual in the progression of training. By no means do the experiences included in the Scale provide an exhaustive repertory of all varieties of trance phenomena humans are capable of attaining. Instead, clusters of experiences have been grouped in statistical fashion, with preference lent to those which have been observed to favor the realization of more profound trance dimensions.

The Scale is composed of 20 subscales, each of which is graded from (0) to (5). The goal, on the whole, is not to reach 100. Rather, it is to gauge one's progress over time. It is usually self administered a short time after a trance experience. The experimenter, once having exited from the trance, retroactively recaptures the elements of the trance and grades them according to the Scale. (0) is indicative of no appreciable change from one's usual waking state, while a reading of (5) represents a maximal change in that subscale. Nevertheless, a total score may be calculated, which may then be depicted in graph form.

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Progression in every subscale is not necessary for the achievement of trance. Frequently, only a limited number of subscales are implicated in the trance experience; and those are the ones that the experimenter may choose to focus upon and develop. It must be remembered that trances, like fingerprints, manifest themselves in unique ways in every individual. The very highest manifestations of trance, however, may prove to be universal in their expression.

The following experiences are referable to sensations usually associated with the physical body. They include modifications of individual sensory modalities, but as trance depth progresses, they tend to involve global bodily experiences.

Global Physical Relaxation: This is a subjective evaluation of global bodily relaxation. Relaxation, as an all-encompassing dimension involving all levels of body and mind, has no boundaries.

1. Perceptible relaxation of at least one part of the body i.e., the shoulders, back, arms, legs.
2. Mild relaxation of the entire body.
3. Substantial widespread relaxation.
4. Intense global relaxation.
5. Is paired with a statement such as, "I have never been so relaxed in my entire life.":

1 2 3 4 5

Body Deceleration. The body slows down and physical tranquility expresses itself in progressive disinclination to move and to speak. There is a gradual gravitation of the body to stillness.

1. Barely perceptible slowdown of breathing and heart rate.
2. Marked slowdown of breathing and heart rate.
3. Entire body feels decelerated.
4. Comfortable immobility.
5. Profound stillness in the context of relaxation:

1 2 3 4 5

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Heaviness/Buoyancy. Initially, there may be feelings of either heaviness, or of lightness (buoyancy). As trance progresses, lightness, the sensation of floating, usually takes precedence.

1. Barely perceptible sensation of heaviness or lightness in arms and/or legs.
2. Lightness or heaviness extends to entire body.
3. Merging of heaviness and lightness into a novel sensation.
4. Floating, weightless sensation.
5. Sensation of airborne drifting or flying while staying still:

1 2 3 4 5

Breathing Awareness. The feelings linked to breathing are progressively intensified.

1. Perceptible mental connection with muscles involved with breathing.
2. Sensation of the air touching the inside of the lungs.
3. Feelings of progressive blending with the lungs.
4. Sensation of intense merging with the flow and rhythmicity of breathing.
5. Feelings of energy flowing in the body with each breath:

1 2 3 4 5

Body Volume: Body volume is the experience of the volume that the body occupies in space. Eyes closed, in the normal waking state, this volume has a certain constancy. In trance, enlargement of this volume is experienced.

1. Awareness of body volume.
2. Perceptible expansion of body volume.
3. Continued expansion with awareness of connection between breathing and body volume.
4. Body volume occupies the space of the surrounding room.
5. The boundaries of the body feel like they extend beyond surrounding physical confines:

1 2 3 4 5

Body Configuration: The representation of the shape of the body usually undergoes transformation during trance. In the normal waking state, eyes closed, the shape of the body is well delineated in the mind's eye. In trance, parts merge. Arms,

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legs, thorax, abdomen, and head become fused.

1. Awareness of one's body configuration.
2. Arms are felt in their entirety rather than in their separate elements. Emergence of sensations of blending of the hand, elbow, shoulder, and arm musculature into a unified whole.
3. Blending of arms and legs. Beginning merging of the extremities with the rest of the body.
4. Simultaneous awareness of the entire body, inside and out.
5. The body, totally unified in awareness, feels like a sphere:

1 2 3 4 5

Temperature: Within trance, often in response to one's predilection, feelings of warmth or coolness emerge. The experience is somewhat different from the application of a heating pad or an ice pack. Warmth, as is freshness, is experienced as "psychic heat", or as "psychic coolness". Either dimension may accompany progressive trance.

1. Perceptible heat or coolness in one arm.
2. Heat or coolness in both arms.
3. Heat or coolness in both arms and legs.
4. Entire body, notable sensations of coolness, or warmth.
5. Merging of warmth and coolness to produce a novel sensation in entire body:

1 2 3 4 5

Organ Awareness: This dimension of trance is an extension of the breathing awareness mentioned above. This awareness diffuses into all bodily spaces, and extends to organ systems and their workings.

1. Awareness of lungs.
2. Added awareness of heart region.
3. Added awareness of abdominal region.
4. Awareness of other structures or organ systems: sexual organs, the spinal cord, structures inside of head.
5. Experience of ease of mental travel to any of the body's organ system:

1 2 3 4 5

The following experiences refer to perceptions usually associated with cognitive

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dimensions of the mind. The mind's output of language relaxes. The flow of words ebbs. The tides of the emotions grow quieter, then attain stillness. In deep trance, there is a pervasive sense of harmony which is perceived as independent of thoughts, emotions, and mood.

Environment's Distancing. The perception of the environments presence is usually in attendance in consciousness, receding. The mind's investment of energy into its surroundings is redirected unto itself.

1. The feeling of direct connection with the environment relaxes
2. Beginning autonomy from surroundings is experienced.
3. Surroundings feel substantially removed from attentiveness.
4. Surroundings take up a minimal portion of awareness.
5. Surroundings feel nonexistent and devoid of relevance:

1 2 3 4 5

Language Flow. The mind's usual spontaneous generation of words, thoughts, and stream of memories relaxes.

1. Increased awareness of individual words as they are expressed in their mental form.
2. At times, increased word flow; most often, perceptibly lower word output.
3. Diminution of word output and of sentence formation, with presence of truncated grammar
4. Awareness markedly withdrawn from language.
5. Complete word silence in the context of profound peacefulness, with the perception of "My identity exists apart from my thoughts":

1 2 3 4 5

Sense of Time Flow. The sense of time elapsing is relaxed in trance.

1. Perceptible lapses in the experience of the continuity of time.
2. At times, initial increased awareness of time passing, most often followed by decrease, with periods of absent time.
3. Marked decrease in time awareness with frequent periods of silent or absent time.
4. Sensation of time standing still.
5. Sensation of the irrelevance of time passing, in the context of feeling enlightened by this new perception:

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1 2 3 4 5

Emotions/Mood: Emotions undergo relaxation in trance. Their intensity wanes, and emotional quietude emerges. In the most profound trance the experiencing mind separates itself from emotions. Mood, the ongoing background emotional tone, approaches, and then attains a peaceful neutrality.

1. At times, initial increase in awareness of pre-trance emotional residues; most often, lowering of emotional intensity.
2. Perceptible softening of emotional tone.
3. Marked emotional stillness with emerging feelings of harmony.
4. Pervasive neutrality of mood with serenity.
5. Disconnection of awareness from emotions and mood, with the feeling that "My identity is separate from my emotions ":

1 2 3 4 5

Imagery/Sounds/Colors. This subscale measures the mind's potential for the creation of imagery, which is intensified in trance.

1. Awareness of eyes-closed visual inner space and/or of auditory space.
2. Awareness of visual images, dream sequences, sounds, or even music is slightly kindled.
3. Images begin to appear as they may do in dreams.
4. Ability to hold images or sounds in the mind begins. Merging of colors and sounds to obtain novel amalgamations.
5. Images and sounds experienced contain a notion of universal significance:

1 2 3 4 5

The following experiences refer to perceptions belonging to what may be called the highest levels of human consciousness. These experiences are described as transcendental and spiritual. Because descriptive terms to denote these complex experiences are often unavailable in our language, the experimenter is asked to intuitively grade the intensity of their manifestation on a scale of (0) to (5).

Energy/Force: Progression into trance often leads to experiences of feelings of energy. Energy is often described as currents, waves, or vibrations coursing through the body. Descriptive terms include feelings of personal power, force, and vitality. In the maximal range of this subscale, the feeling of mental energy reaches concentrated intensity:

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1 2 3 4 5

Locus of Self. The experiencing of one's self borrows from several dimensions, some physical, some psychological, others spiritual. This subscale gauges the feeling of self in relation to personality as an entity which has a highly individual meaning. In trance, the personal attachment to one's personality relaxes, sometimes profoundly. In the most intense manifestation of this scale, it may be stated "My personality has a relationship to me, but it is not me":

1 2 3 4 5

Clarity/Knowledge: In this progression the central feature is a feeling of clarity of understanding. At first there is the experience of the feeling of self knowledge. This feeling of knowing oneself is independent of logic or outward fact. The progression continues to feelings of knowing the world. At the most intense level of this subscale, conundrums or koans such as "Has the universe always existed?" become understandable:

1 2 3 4 5

Happiness/Joy: Happiness and joy, as feelings, do not require logical reasons for their existence. Nor do they require the process of thinking in order to be expressed. This progression begins with feelings of enthusiasm for life, optimism, and evolves gradually to joyfulness and elation:

1 2 3 4 5

Empathy/Love: This dimension of trance begins with feelings of affection, compassion, and empathy with humankind, and ultimately, to feelings of love for all life:

1 2 3 4 5

Peacefulness: This progression begins with feelings of calm, evolving to include experiences of tranquility, serenity, and ultimately, to profound feelings of peacefulness:

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1 2 3 4 5

Oneness/Unity: The sense of oneself, in the waking state, includes the experiencing of separateness from society and from the world at large. With trance progression, this feeling of separateness recedes. Feelings of unification or amalgamation take its place. The usual perspective of self-centering gives way to feelings of oneness and unity with and within all of life:

1 2 3 4 5

Readers are invited to send their commentaries regarding this scale. Personal reports related to the experiencing of any one of the dimensions of trance as outlined above, or any others, are most welcomed. This scale is in progress and is open to ongoing evaluation and modification. It will be modified according to the feedback given to it. Participants are invited to send their suggestions and comments to the following: GSunnen@aol.com

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"Imagination is more important
than knowledge.
Knowledge is limited.
Imagination encircles the world."

Albert Einstein

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CHAPTER 12

BRAINWAVE FREQUENCIES

Throughout the day and night your brain is producing a complex mix of electrical patterns or waves depending on your physical and mental activity. There are basically four main and several not so commonly used brainwave states corresponding to certain frequency ranges of the brainwaves. Your brain is constantly producing all the brainwave states simultaneously, with one state being dominant depending upon your mental and physical activities at that time. The following is a list of the brainwave states, brainwave frequencies, activities, and experiences that are associated with the given states.

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BRAINWAVE FREQUENCIES

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Brainwave States

Brainwaves like all waves are measured in two ways. The first is frequency or speed of the electrical pulses. Frequency is measured in cycles per second (cps. or Hz.), ranging from .5 cps. to 38 cps. The second measurement is amplitude, or how strong the brainwave is.

1. Beta - (14-21 CPS. / 12-25 Hz.)

(It is associated with normal waking exercises)

At this level, the mind focuses on the five physical senses:

1. Seeing
2. Hearing
3. Touching
4. Smelling
5. Tasting

Beta waves dominate our normal waking state of consciousness when attention is directed towards cognitive tasks and the outside world.

Beta is a "fast" activity, present when we:

- Are alert.
- Anxious.
- Engaged in problem solving.
- Utilize judgment.
- Make decisions.
- Process information.
- Are mentally active.
- Focus.

Beta centered programs help you prepare to:

- Take an exam.
- Play sports.
- Give a presentation.

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- Analyze and organize information.
- Do activities with mental alertness and high levels of concentration.

NOTE: Too much Beta can cause significant problems for the individual by increasing muscle tension, raising blood pressure, and creating a state of anxiety, anger and aggression for the individual.

Beta is like our fourth gear.

2. Alpha - (7-14 CPS. / 7-12 Hz.)
(Relaxation - Visualization - Creativity)

Alpha is also the home of the window frequency known as the *SR*, which propagates with little attenuation around the planet. When we intentionally generate *alpha waves* and go into resonance with that Earth frequency, we naturally feel better, refreshed, in tune, in synch. It is, in fact, environmental synchronization.

It is the place of:

- Passivity.
- Relaxation .
- No worries, fears or frustrations.
- Intuition.
- Inspiration.
- Creativity .
- Inner consciousness.
- Limitless time and space.
- Expanding awareness.
- Learning.

Alpha training is most commonly recommended for the treatment of stress. This is a place of deep relaxation, but not quite meditation where we begin to access the wealth of creativity that lies just below our conscious awareness. It is the gateway, the entry point that leads into deeper states of consciousness.

Alpha is like our third gear.

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3. Theta - (4-7 CPS. / 4-7 Hz.)
(Meditation - Intuition - Memory)

In Theta, we are in a waking dream *(day dreaming)*, vivid imagery flashes before the mind's eye and we are receptive to information beyond our normal conscious awareness. It can bring you into deep states of meditation, a sensation of "floating." and because it is an expansive state, you may feel your mind expand beyond the boundaries of your body.

Sometimes, we also store secrets there, which we block out in times of pain, to survive what we feel unprepared to fix.

This is where most people:

- Fall asleep.
- Control their heart beat, bleeding, and digestion.
- Conduct deep meditation.
- Where brain activity slows almost to the point of sleep.
  Theta is an ideal state for:
- Super-learning.
- Re-programming your mind.
- Dream recall.
- Self-hypnosis.
- Increasing creativity.
- Enhancing learning.
- Reducing stress.
- Recovering long lost memories.
- Awakening intuition and other ESP skills.

Theta is like our second gear.

4. Delta - (0.5-4 CPS. / 0-4 Hz.)
(Detached Awareness - Healing -Sleep)

This area dominates in periods of very deep sleep, coma, or unconsciousness. Here the body repairs itself. Effective and constructive control of the mind can lead to psychosomatic *health* rather than psychosomatic disease. The use of our inner

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levels triggers intuitive powers and makes problem solving easy by eliminating the guesswork. When one meditates, a person goes through the four major ranges of brain wave frequencies.

Studies suggest that people using these slower rhythms of the brain increase their ability to:

- Heal several times faster than the normal rate.
- Better controlled blood pressure, muscle tension, and digestion.
- Increase their productivity.
- Utilize the intuitive powers.
- Gain greater peace of mind.
- Learn and recall better.
- Maximize their intuition.

Delta acts as a form of radar – seeking out information – reaching out to understand on the deepest unconscious level things that we can't understand through thought process. Delta provides intuition, empathetic attunement, and instinctual insight.

NOTE: If you read other people's minds, you probably have more delta activity than most.

Delta is the body's first gear.

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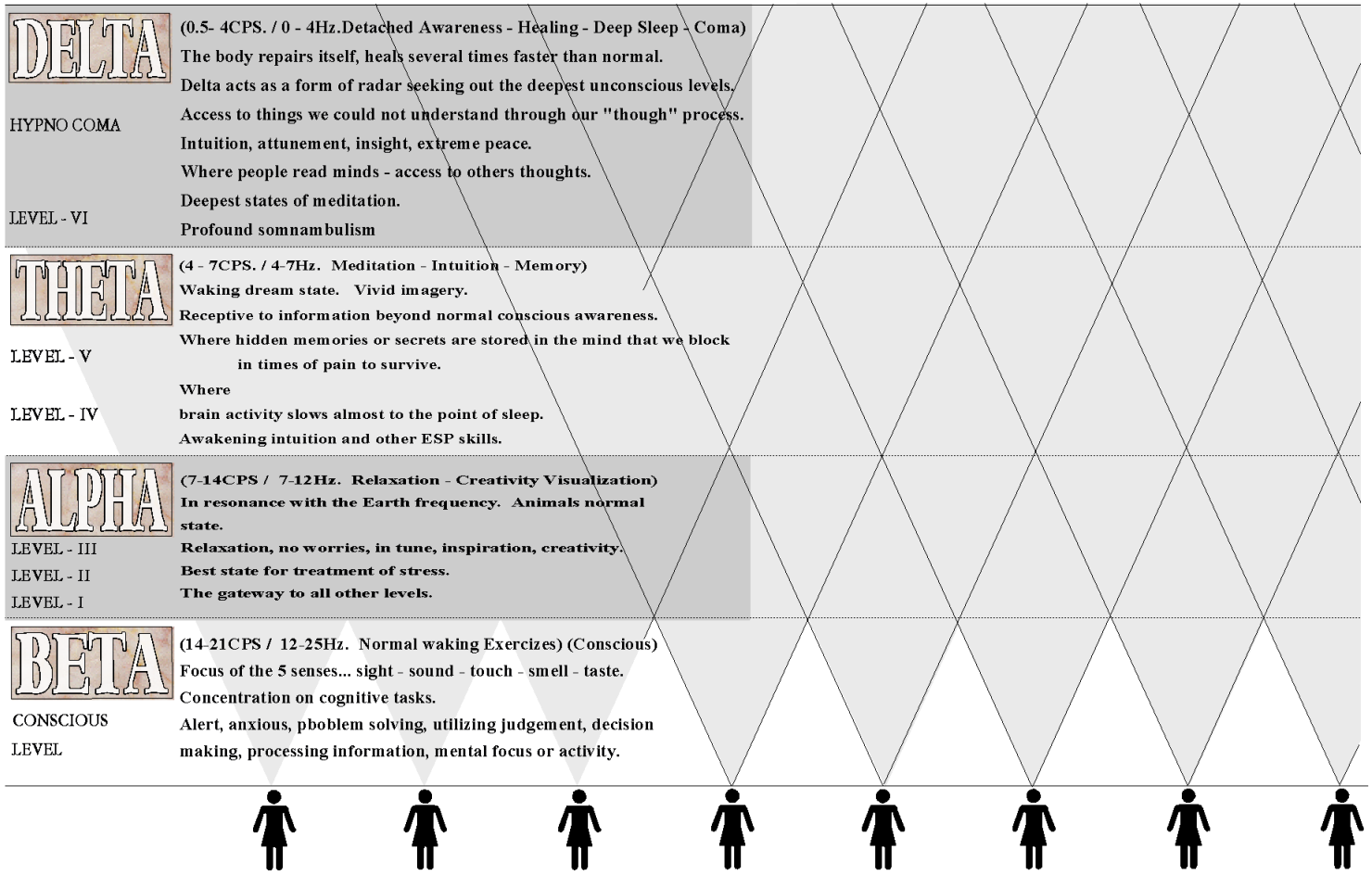
Correlation of Brainwave & Hypnotic States

We are in all brainwave states and hypnotic levels at all times with one being dominant depending on your activity at the moment. This is why you can be in *Beta*, in a concious, non hypnotic state and withstand pain *LEVEL 4-5* at a moments notice. or you are in a hurry trying to leave the house for an apointment you are late for, *LEVEL 1*, and you cannot find your keys which are in plain sight on the table in front of you which is LEVEL 6 "negative hallucination".


DELTA
(0.5- 4CPS. / 0 - 4Hz.Detached Awareness - Healing - Deep Sleep - Coma)
The body repairs itself, heals several times faster than normal.
Delta acts as a form of radar seeking out the deepest unconscious levels.
Access to things we could not understand through our "though" process.
Intuition, attunement, insight, extreme peace.
Where people read minds - access to others thoughts.
Deepest states of meditation.
Profound somnambulism
HYPNO COMA
LEVEL - VI
THETA
(4 - 7CPS. / 4-7Hz. Meditation - Intuition - Memory)
Waking dream state. Vivid imagery.
Receptive to information beyond normal conscious awareness.
Where hidden memories or secrets are stored in the mind that we block in times of pain to survive.
Where
brain activity slows almost to the point of sleep.
Awakening intuition and other ESP skills.
LEVEL - V
LEVEL - IV
ALPHA
(7-14CPS / 7-12Hz. Relaxation - Creativity Visualization)
In resonance with the Earth frequency. Animals normal state.
Relaxation, no worries, in tune, inspiration, creativity.
Best state for treatment of stress.
The gateway to all other levels.
LEVEL - III
LEVEL - II
LEVEL - I
BETA
(14-21CPS / 12-25Hz. Normal waking Exercizes) (Conscious)
Focus of the 5 senses... sight - sound - touch - smell - taste.
Concentration on cognitive tasks.
Alert, anxious, pboblem solving, utilizing judgement, decision making, processing information, mental focus or activity.
CONSCIOUS LEVEL

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Explanation of Chart

You're in all of the four brainwave states simultaneously however one happens to be dominant depending on what you are doing at that specific time. Right now as you are reading this manual you happen to be in the Beta state which is an active, fast brainwave state.

The previous brainwave chart can be correlated to hypnosis utilizing the Aron's Depth Scale. Understanding this will help you to be more effective in conducting hypnosis and understanding the various levels

The people figures at the bottom of the chart pertain to us each one of us. You'll notice above each person that there are lines that are extending upwards and outwards gradually becoming wider as they go through the slower brainwave states until they finally reach the Delta state where they are all overlapping. This total overlapping of consciousness is known as the Universal Subconscious. Many people also speak of it as the Super Conscious state.

As you can see in Beta, nothing overlaps. Our thought process is completely individual. It is similar to the blinders that are worn by a horse so as to keep his focus straight ahead. With these blinders he is only aware of what is going on in front of him and completely oblivious to the outside world surrounding him. This is similar to the Beta brainwave state. It is a fast brainwave state in which we have consciously cut ourselves off from the spiritual world.

As soon as you close your eyes and take a deep breath your brain wave cycles have slowed down and you've entered the Alpha state. The process of simply closing your eyes blocks out approximately 80% of Beta activity. Combining the act of closing your eyes with taking several deep breaths will relax you even more bringing you to the Alpha state. The Alpha state is also known as the Earth State. The Earth State is the brainwave state that you will find animals in. It is also the stage where many group metaphysical practices are conducted such as the practices of Shamanism, Witchcraft, Voodoo and many other of the Earth-based theologies. In fact you will notice when most of these type groups are conducting their rituals often times they include or are within a close vicinity of animals. The reason for this is that they utilize the animals as a gateway to the other side. They are the bridge between the non-spiritual and spiritual realms, or as we know it the line or division between the Beta and Alpha states.

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If you own animals you may already realize that animals in addition to living in the Alpha state, often become annoyed with us because we spend so much time in the Beta state. Animals do not like Beta as they find it confusing and even stressful. Many times when animals are around people who are highly Beta, they will react negatively to the people and will even be prone to treating them negative. On a similar note it is interesting to realize that if you were to relax in your home or bring yourself into a hypnotic state that the same animals will be attracted to you and in most cases when you emerge from hypnosis will find them sitting or sleeping on top of you. This is one of the main reasons why we ask people to have any animals outside of the room they are being hypnotized in. Hypnosis or relaxation seems to react as a magnet to animals.

In addition to being known as the Earth state Alpha is also a place of *no stress*. Alpha is a place of awareness or "the now". Since it is a place of the "present", stress can not exist there. Understand that stress only exists in the past or in the future. It cannot exist in the present. Whenever someone become stressed it is due to something that has happened or something that is going to happen.

As your brain waves slow even more you then enter into the realm of the Theta brainwave states. Theta is roughly the same state that you are in when you begin to daydream. So if you think of it, to be in the Theta stage you are not nearly as deep, or "gone" as you would think. You can see this on a massive scale simply by watching students in a classroom. Especially when being the recipients of a lecture, if you were to look at the faces of the audience you would most likely see a glazed-over, vacant type look in their eyes. This would be the Theta state.

Theta is also the level where traumatic or hidden memories are stored. Occasionally when extremely frightening things happen to people the subconscious may decide to have them forget the memory and store it deep inside their subconscious as a way to protect them. Therefore if you are a mental-health worker and are in need of re-opening any traumatic events this is the level you would need to bring your clients to do so. Keep in mind that doing this can be extremely dangerous and should only be conducted by a professional, licensed mental health worker. Events that have been stored in the deep level of the mind upon being remembered will have very precise details and can in many cases be even more traumatic than when the actual event occurred.

The deepest of the four basic brainwave states is known as Delta. Delta is also

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known in many circles as the Universal Subconscious. Delta is the brainwave level utilized for most psychic ability such as reading minds, astral travel and spiritual contact. If you are in need of having much more knowledge about topics than you do presently, this is the place to be.

Another very useful purpose of the Delta state is that in Delta the body will heal a minimum of three times faster. Notice that I stated a minimum of three times faster in many cases it has been reported to heal many times faster than that. The degree of how quick someone can heal in the Delta state is only limited to their own imagination.

There are also many smaller brainwave states that exists between the four main states as well as beyond Delta but they hold little importance in the work of hypnosis. It may be important to be aware however that just beyond the Delta brainwave state is an area which is known as "Hypno-coma". There is really *no practical reason* you would take anyone to this Hypno-coma state. This is a state where brainwave activity has slowed down drastically. It is a state where most of the energy or potential of the body can be used towards healing and recuperation. You will note that when people become extremely ill that many times their bodies will go into a natural coma as a way of rejuvenating themselves.

Although there is no practical reason to take anyone into a Hypno-coma state, keep in mind that the Hypno-coma state is so euphoric that many times if someone enters that level you may have a difficult time taking them out. Remember that you cannot get stuck in hypnosis however due to the euphoric nature, when the client hears your voice asking them to emerge from hypnosis they will many times simply ignore you. It is a state where the instructions of the hypnotist seem to be an annoyance. If this should happen, be sure to not give up as your client does hear you but simply *chooses* not to respond.

Everything in the Beta brainwave state, or the conscious world as we know it is a representation or second-hand copy of the subconscious world. The slower three brainwave states all consist of subconscious. As you know from an earlier chapter that the subconscious is approximately 95% of your mind, this is where everything comes from. Anything you do in your life began initially with a thought. The Subconscious World or what we know as the Alpha, Theta and Delta states operate according to thought and imagination. Once the thought is created it is acted upon with your imagination and can be accelerated even stronger through using emotion.

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Anything that was created in this Beta state was first developed as a thought and once it was acted upon and created became what we see right now before us. It is just a copy of the original which was actually thought. Even the words that we say as well as the words that you are reading in this book right now are a secondhand representation of the initial thought that the author is having. You may have many thoughts within your mind that you would like to express, however once they actually come out of your mouth you realize that they the actual words are not coming out exactly as your thoughts. They may be close but there are just not enough words in the English language or any language for that matter that can accurately translate your exact thought.

This whole concept of how thoughts become things will be spoken of in more details in a later chapter. It is however important to understand that travel through these slower worlds of the subconscious mind is conducted through your imagination. In other words ***imagination is the key to hypnosis***. If you are interested in going into regression whether it be present life for past life regression you are doing so by utilizing your imagination. Many times clients upon returning from a regression type session will open their eyes and ask, "Did I really experience that or was it simply my imagination?" The answer to that is, "Yes."

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"Show me a sane man and
I will cure him for you."

Carl Gustav Jung

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CHAPTER 13

BUILDING A COMPLETE SESSION

Now that you understand the basics of how to conduct the hypnosis session it is important to also understand the process of what to do with the client from when they come through your door to when they are ready to begin this session.

Keep in mind that due to the many misconceptions that have been circulated through the media and other forms of miscommunication about hypnosis that the majority of clients upon entering your office will be frightened. It is through conducting this pre-session properly that you will calm your client down, build expectancy and prepare them for the entire process.

Contents of This Chapter at a Glance.

BUILDING A COMPLETE SESSION

Pre session	. . . . .	185
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Intake worksheet *(4 copies)*	. . . . .	186
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Pre- Session

As we stated back in chapter 1, the majority of your clients will have much anxiety about coming to see you. Television and other forms of media have given us such a distorted image that the average client coming into your office has no idea what to expect. Since they are so nervous it is your job to take control of the session from the moment they come into your front door and to set their mind at ease.

There are many ways to conduct the pre-session. The process you will learn in this book is the one that I have been using in my personal practice for years. You may want to do something completely different or you may want to add to or eliminate from what I use. The choice is yours but this should give you a tract to run on.

Preparing for the session *(client seating, music etc)*

Since you have set up the appointment on the phone before the session, you already have an idea of what the session is going to be about. It is important to prepare for your session before your client arrives. You may want to set aside the proper scripts that you feel you might be using during the session and maybe even have two sets prepared, one in case the subject test analytical, and one if non-analytical. If you need to do any research on the specific subject make sure that you are prepared before they arrive.

MEET AND GREET

Coming in the door

From the moment they walk in the door I am there to greet them with my hand extended. It is a good idea to have a firm handshake and a big smile. From that point I'll have them follow me into the hypnosis room and I would usually diffused the tension with a little humor and say something like, "You get the good seat *(the recliner)* and I'll take this cheap seat here." I usually always get a smile out of that and a little smile goes a long way. Many times at this point, you will still see the fear in their eyes since they don't know what is coming up next. I then say, "I'm going to start out by asking you a million questions, *(as I am picking up the intake sheet on a clipboard with a pen)* before we get started if that's all right …" which is usually

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responded with a smile and a huge nod. Now you have them sitting in the chair and relaxed….

Intake Sheet - Begin filling it out

Unlike a doctor's office, I prefer to fill out the intake sheet myself. This gives me the opportunity to ask some questions such as their address, if they were ever hypnotize before, where they work and many other questions that helped me to establish common ground with them and make them even more comfortable with the situation. By getting common ground and showing a genuine interest in them they will be much more open to suggestions from you during the session.

When I begin filling out the intake sheet I only ask general information at this point that is on the top of the sheet. Try not to get into the actual workings of the personal issues that they are there for yet. I will get into the in-depth information a bit later once I have explained to them what hypnosis is and how it works.

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INTAKE SHEET HYPNOSIS SESSION

Date: _____

Name: _____

Address: _____

_____

_____

Phone: _____

Purpose for session: _____

Email: _____

Employment: _____

_____

Ever been hypnotized: _____

Details: _____

_____

_____

1 2 3 4 5 6 7 8 9 10

Notes:

Session #1:

Session #2:

Session #3:

Suggestions:

Session #4:

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INTAKE SHEET HYPNOSIS SESSION

Date: _____

Name: _____ Email: _____

Address: _____ Employment: _____

_____ _____

_____ Ever been hypnotized: _____

Phone: _____ Details: _____

Purpose for session: _____ _____

_____

1 2 3 4 5 6 7 8 9 10

Notes:

Session #1:

Session #2:

Session #3:

Suggestions:

Session #4:

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INTAKE SHEET HYPNOSIS SESSION

Date: _____

Name: _____

Email: _____

Address: _____

Employment: _____

_____

_____

_____

Ever been hypnotized: _____

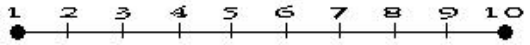
Phone: _____

Details: _____

Purpose for session: _____

_____

_____



Notes:

Session #1:

Session #2:

Session #3:

Suggestions:

Session #4:

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INTAKE SHEET HYPNOSIS SESSION

Date: _____

Name: _____ Email: _____

Address: _____ Employment: _____

_____ _____

_____ Ever been hypnotized: _____

Phone: _____ Details: _____

Purpose for session: _____ _____

_____

1 2 3 4 5 6 7 8 9 10

Notes:

Session #1:

Session #2:

Session #3:

Suggestions:

Session #4:

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Explaining hypnosis to the client

The easiest way to explain what hypnosis is to your client is by answering the most commonly asked questions that clients usually have. By reviewing most of these questions you will have answered most of your client's questions as well as made them comfortable with the process.

There are many more questions here than what you would use with your client. The purpose for so many questions is so you will know the answers to all of them.

COMMON MISCONCEPTIONS

Q. Who can be hypnotized?

A. Anyone with reasonable intelligence can be hypnotized. The only ones who may not be able to be hypnotized are people with severe mental disability and children under the age of five, in both cases it's because they may not understand the words you are saying or be able to follow your instructions. If you are able to read a book and follow simple instructions you are hypnotizable, but only if you want to be. The only requirement is the desire to be hypnotized (or at least allow it to happen) plus an understanding of what they need to do in order to achieve the hypnotic state. The degree, however, varies from person to person. Occasionally a different induction method or a different therapist may be necessary. Most therapy sessions do not require more than a light trance state which everyone can easily achieve with a training.

Q. Am I sleeping?

A. Actually, it is just the opposite! You are wide awake. You are very aware under hypnosis. You are actually in a state of what is called hypersensitivity. All of your senses are enhanced, your sight, hearing, taste, smell, emotions. It is closer to a state of day dreaming or relaxing. You will be focused on the words of the Hypnotherapist and outside sounds will seem to fade away.

Q. Can I get stuck in hypnosis?

A. No, the hypnotic state can be terminated at any time you chose. It is your choice

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to enter the state and you can always choose to leave it. If you were left in a hypnotic state by your Hypnotherapist or by a hypnotic tape, you would either return to full consciousness on your own or enter a natural sleep and awaken after a short pleasant nap. In any case professional therapists are trained to awaken clients reluctant to leave the trance state - in their own interests - after all, there may be another client waiting for their session! There is no "trance" or "being under anyone's power". That is merely HOLLYWOOD. There has never been a terminal case of hypnosis in the emergency room.

Q. Will I tell you any deep . . . dark . . . secrets?

A. Not unless you want to. It is not a truth serum! If you have a bag of money hidden in your backyard, the secret will still be safe after your session. In fact, there are many that say that you can even pass a lie detector test under hypnosis.

Q. Is hypnosis dangerous?

A. No, it is no more dangerous than sitting in a recliner, watching television. The only side effect will be that you will be very relaxed afterwards. Every 15 minutes of hypnosis is equal to approximately four hours of sleep.

Q. What is the difference between hypnosis and hypnotherapy?

A. Hypnosis has been around for thousands of years. Hypnotherapy is simply therapy which uses hypnosis as powerful tool to facilitate change. It is used worldwide.

Q. Are drugs or tablets used? Is it safe? Are there any unwanted side effects?

A. No, only the natural power of your own mind is used to relieve symptoms and alter unwanted behavior patterns. Hypnotherapy is non-addictive and safe with no unwanted or unpleasant side effects.

Q. Will I be in control and aware of what is happening?

A. Yes, all the time. You do not go ‘out’, ‘under’ or ‘to sleep’. You are not unconscious. You are in an alternative state of consciousness with a very narrow focus of attention. You can hear everything that is being said. Nothing happens

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without your consent. You have absolute control. However, you are extremely relaxed.

Q. Will I remember what happens during the sessions?

A. Yes, people remember everything they or the therapist said during the session. In rare instances the therapist might need to remind them of one or two points that were talked about in order to trigger off the rest of the memory. It is possible for the therapist to give a posthypnotic suggestion to forget what was said but this is rarely used in therapy.

Q. Is hypnosis suitable for children?

A. Yes, usually from about the age of six, provided they can understand what is being said, they are intelligent and imaginative. Younger children can benefit from the relaxation. In 1981 self hypnosis was introduced into the national curriculum in Sweden. For children under the age of six, sleep hypnosis can be conducted with great success.

Q. Will the therapist have to touch me?

A. Some therapists will touch you on the wrist, shoulder, neck or forehead to test whether you are properly relaxed or to assist you into a deeper state of hypnosis. They will seek your permission first. Other than this form of contact, a therapist has no business touching you. The vast majority of therapists are ethical, and transgressions are rare.

Q. Isn't it in some way anti-Christian or the work of the devil?

A. According to the 'New Catholic Encyclopedia', the Catholic Church (the largest Christian organization in the world) feels that the 'hypnotism is licit if used for licit purposes'. Hypnotherapy is just a tool, albeit very powerful, which can help people enlist the power of their own unconscious mind in order to solve their own problems. In many respects the effect is similar to prayer or meditation. It was also accepted by the Catholic Church as a proper procedure for it's members in 1958.

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Q. How many sessions will I need?

A. Simple problems like smoking may only require as little as one or two sessions of approximately 30-40 minutes. More deeply rooted problems may require more sessions. Many Hypnotherapists offer a free initial assessment consultation in which to meet you, assess your problem, determine your needs and the likely number of sessions and agree an affordable fee per session.

Q. Are audio CD's as effective as individual sessions?

A. Normally on tapes as well as in group sessions we can do a session only one specific way. So as a rule, audio CD's and group sessions have a much lower success ratio than that of live sessions since everyone is hypnotized a little different and can not be tested and individualized when not in person.

Q. Will I do anything against my will?

A. No, you will not do anything that you do not think is acceptable or against your nature. You cannot be 'made' to violate your own values or accepted patterns of behavior. You would either reject the suggestion or come out of the hypnosis. You will hear everything that is said. You are in complete control at all times.

How the mind works

(Here is a review from CHAPTER III about the British Guard)

You do not have to tell them everything in the following section, however by understanding it yourself, you'll know the key points to bring up.

Picture a doorway beside you. Lets imagine that this doorway is the doorway that enters your subconscious mind. Now imagine that there is a British guard in front of the doorway guarding it with a rifle. This British guard represents your conscious mind. Anything that is said to the subconscious mind he will stop before it enters. One of the main problems with the conscious mind is that it is geared very negatively. As an example if I told a woman "You are the most beautiful woman that I have ever seen", or a man that "You are the most intelligent person I have ever met", most

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people upon hearing such a positive comment such as those would immediately rebel thinking to themselves. "What's he trying to sell me?" or "OK, now what's the catch?" We immediately go on the defensive from hearing such a complement. Even though the person saying the comment may have meant it, most of us have such low self esteem that we will not accept it or we think there is an alternative motive behind it.

The conscious mind is a creature of habit, it tends to keep the status quo rather than make any drastic changes. Even though something may be good for it, it tends to stay the same way because it is comfortable or familiar with the way it is. Such as smoking for example. You can tell your conscious mind to stop smoking over and over again and that conscious guard will put up his weapon fighting off the suggestions to quit smoking, rationalizing to itself things such as "I don't want to quit, I am happy just as I am, I don't care about cancer, I don't care if it causes lung disease, it doesn't matter if it makes me weak, I'm going to die someday anyway." It seems like no matter how many positive comments you get … it will continue to fight them off. This is why it is so hard to make positive change such as smoking cessation or weight loss with most non-hypnotic programs.

Now going past the conscious guard into the room, you'll find the subconscious mind. The subconscious mind is the most perfect computer ever made. Every sight, sound, smell, taste, everything you've experienced since you were born is logged in perfect clarity in your subconscious mind. Now here lies the problem, imagine your subconscious mind being operated by a four year old child. It is innocent and naïve. It wants to help you but just doesn't know the best way to do it. Therefore it tries to help you the best way it knows how. A good example of that would be someone getting in a bad automobile accident. The subconscious mind wanting to protect this person may think that the best way to protect him is to cause a panic attack so this person will never leave the house again to get in a car. To a child it may seem like the best solution. Or another example would be someone who has a serious problem with gambling. A four year old child may think that the best way to eliminate this problem is by making that person lose his job so he has no money to spend. You can see where the subconscious mind really wants to help but may be completely missing the boat. Your job as a Hypnotherapist is to get past the conscious mind into the subconscious mind. Once there you must give the subconscious mind detailed instructions on how to solve the problem. Once the subconscious mind has the proper solution and realizes the error of it's ways … it will quickly change course and use the proper solution, because remember a four year old child wants to help you as

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much as they can. The subconscious mind wants to help you to solve your problems and to be functional member of society. Once the proper suggestions has been given and accepted by the subconscious mind you now have 95% of your mind working for you in comparison to the mere 5% of the conscious mind which constantly seems to be in a rebellion mode.

This brings us back to the conscious mind or guard. How do we get suggestions past the guard?

NON ANYLITICAL - There are two basic ways of doing this, in most cases all we have to do is relax the mind which will work for about 80% of society. These are who we call the "non-analytical" people. by giving suggestions of relaxation you can imagine that British guard just sitting down with his weapon going across his lap as you easily pass by him into the room of the subconscious mind. The guard is not asleep or unconscious; he is simply relaxing and in most cases is so relaxed that all the fight is gone out of him. This is very similar to when you come home after a long day of work, you sit back in the recliner, turn on the TV and just let yourself escape into your favorite television show or listen to your favorite music giving your mind a rest. During the middle of this deep relaxation your child comes in and ask you if he or she can have a cookie. You were so relaxed you may mumble something but not really even realizing that they were there. Some people call this "zoning out". It's just that simple, by relaxing totally the suggestions are able to get past the conscious mind into the subconscious where they can be acted upon.

ANALYTICAL - As for the other 20% of society, they are classified the analytical people. The analytical mind is one that is very difficult to relax. It enjoys keeping itself busy. By using relaxation techniques it will become bored or restless and in most cases will not react favorably to deep relaxation. With these people you want to use a different technique which is keeping their mind busy or occupied. Imagine yourself trying to do your taxes and have a conversation with a child at the same time especially if you are on a deadline, you find yourself so focused on your job that it is almost impossible to keep both things going at once. In order to finish your taxes you must focus on it neglecting the conversation or the other way around. This is the same principle we use to hypnotize the analytical mind. We give it a job to do. Imagine the guard writing facts and figures on a blackboard … As he is doing his task you are simply walking behind him carrying the suggestions into the room to the subconscious mind. The conscious mind knows you're there, it can hear you and

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even see you but he is so involved in the task that he is doing that he allows you to go past with little to no hindrance whatsoever.

Suggestibility test *(Refer to chapter 2 for test)*

After explaining how the mind works, you have a natural lead-in to the suggestibility test. It is suggested to perform at least two suggestibility test with each subject, more if needed.

Explaining the results of the suggestibility test

Scenario one - (for a non-analytical results) "If you were invited to a party with friends or relatives, people that you enjoy being with, at someone else's house, your personality would be … You would relax, have a good time and enjoy the humor and entertainment that is going on. Depending on how non-analytical you are would determine how much of a fun time you would be having such as if you are extremely non-analytical you would probably be the center of attention while those who are less analytical would just sit back and be enjoying the entertainment. It is easy for you to un-wind and let go at functions like this.

(for an analytical result) If you were at this same party your personality would be … You would probably stand up every time someone came near you to introduce yourself, then as soon as you sat down you jump up to give somebody a coaster for their drink, then you would sit and be right up again to probably straighten out a crooked picture on the wall, then you would sit and stand up again to see if you could help someone with something. You are the kind of person who cannot sit down and relax. You always have to keep busy doing one thing or another and most non-analytical people would probably find you very annoying."

Scenario two - "If you were an accountant about to do my accounting and you knew it would only take you one hour to do the job but you had five hours to do it in, here's how you would do it … (for a non-analytical result) You would probably get the job done in an hour and a half or so and you would do as good a job as anyone else would, however if the phone rang you would take a few moments to answer the phone, if the doorbell rang you would go to the door to see who was there and speak to them for a few moments. You would probably play some soft enjoyable music in the background and maybe even have a soda, coffee, or your favorite drink to enjoy while you do the work.

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(For an analytical result) You would most likely get the job done in exactly one hour. You would be so intent on finishing the job quickly and on time that you may even break a pencil or two in the process. If the phone rang you would let the answering machine answer it. If the doorbell rang you would either ignore it or ask someone else that was in the house to answer it for you. You would not play music in the background and you would most likely not have anything to drink while you're doing the job. Your mind is set on finishing the task."

Finish questionnaire

By this point in the session your subject understands what hypnosis is, what is going to be happening to them, and they should be comfortable with you. Now is the time that I ask all the personal information and delve into the reason why they're here, finishing the questionnaire.

What to expect in the session

You may want to take a few moments to explain to your subject some of the feelings that they may experience in hypnosis so as to prepare them in case they feel anything strange happening during the session such as the lightness or heaviness in their body, R.E.M. etc.

Get them situated and prepared

Now is the time to show them the proper way to sit in the chair, *(not crossing their arms or legs)* and also make sure everything is set so you will not be disturbed during the session such as unplugging the telephone, and making sure that they do not have a cell phone or beeper on them.

Session

Conduct the session

Ask questions

After the session is finished, while your client is still sitting and relaxing in their chair, take the time to ask some questions about their session. As you do, write the

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responses that you get on the Post Session Report Form.

Next to the heading stating “noticeable signs of hypnosis” you should note down anything that they noticed during the session such as if they began to cry or smile or move certain parts of their body often, anything out of the ordinary.

Time distortion: at the end of the session right after they open their eyes, ask them something like, “without looking at your watch how long did it feel like you were in hypnosis, from when you close your eyes to when you just opened them, five minutes or less?” Write down the answer that they tell you. Most clients will experience what is called a time distortion since they enjoyed the session so much, they were very relaxed and the time just seemed to fly by. What may have been an entire hour may have only seemed like 10 to 15 minutes for them. Below that on the form ask them if they experienced any of the other signs such as heaviness or lightness or a tingling sensation in their hands or arms. Did you notice that they were swallowing excessively? Did they go into R.E.M.? Ask them to describe the scenes they imagined from the deepening.

At the bottom of the form you would put in any additional comments you may want to add, and also what techniques you used, whether you used an analytical approach or a non-analytical approach, what type test you used, etc.. This will help you in the next session that you have with this client so you don’t use the exact same things over again.

Another purpose for this form is for when you have your second or third session with the client, many times clients will tell you that they felt that they were not in hypnosis the previous week. Or they may ask you how do you know that they were in hypnosis. By referring to this form you can remind them of the different sensations of hypnosis that they stated to you the previous week that they had experienced.

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POST SESSION REPORT FORM

Name: _____ Date: _____

Session: _____

This form is used to record the client's results of the hypnosis session. After the session take a few moments to review the signs of hypnosis below.

(This will help you in future sessions if the client feels hypnosis did not occur)

Noticeable signs of hyposis: _____

_____

Time distortion: _____

Heaviness: _____

Lightness: _____

Tingling sensation: _____

Swallowing: _____

R.E.M.: _____

Depth test results: _____

_____

_____

Imagery: _____

_____

_____

Additional: _____

_____

_____

_____

Techniques used: (Analytical - non analytical, deepeners, test etc.)

_____

_____

_____

_____

_____

POST SESSION REPORT FORM

Name: _____ Date: _____

Session: _____

This form is used to record the client's results of the hypnosis session. After the session take a few moments to review the signs of hypnosis below.

(This will help you in future sessions if the client feels hypnosis did not occur)

Noticeable signs of hyposis: _____

_____

Time distortion: _____

Heaviness: _____

Lightness: _____

Tingling sensation: _____

Swallowing: _____

R.E.M.: _____

Depth test results: _____

_____

_____

Imagery: _____

_____

_____

Additional: _____

_____

_____

_____

Techniques used: (Analytical - non analytical, deepeners, test etc.)

_____

_____

_____

_____

_____

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COLLECT FEES AND RE-SCHEDULE

This is an important part of the business that must not be neglected. It is always a good idea to take out your calendar and let them know when their next appointment will be if they require one, and maybe even write it on the back of your business card for them. As you are walking them to the door, this can also be a good time to conduct an after-sale if you have any hypnosis related products that you sell or CD's. Of course as in any business be sure to ask for referrals.

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SESSION BUILDING PROFICIENCY EXERCISE

Create 4 non-analytical sessions with 2 suggestibility tests on session #1 only.

(Try to use different techniques in each one if possible)

The purpose of this exercise is to ensure that you understand the different steps in developing a session and are comfortable with the process. Also to help you to develop variety in sessions so as to keep your subjects interested.

Session #1

_____
_____
_____
_____
_____
_____
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_____

Session #2

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Session #3

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Session #4

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Create 4 analytical sessions with two suggestibility tests on session #1 only.

(Try to use different techniques in each one if possible)

Session #1

Session #2

Session #3

Session #4

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Create 4 non-analytical sessions with 2 suggestibility tests on session #1 only.

(Try to use different techniques in each one if possible)

Session #1

_____
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Session #2

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Session #3

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Session #4

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Create 4 analytical sessions with two suggestibility tests on session #1 only.

(Try to use different techniques in each one if possible)

Session #1

Session #2

Session #3

Session #4

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"Do, or do not. There is no 'try'."

Yoda ('The Empire Strikes Back')

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CHAPTER 14

INSTANT AND RAPID INDUCTIONS

The use of instant and rapid inductions has gained its popularity especially in the use of comedy hypnosis performances.

Another area in which instant and rapid inductions can be used extremely successfully is in the area of emergency type hypnosis procedures such as being used in conjunction with injuries due to accidents for pain or bleeding control.

They can also be used successfully during actual hypnosis sessions as an alternative to deepeners.

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INSTANT / RAPID INDUCTIONS

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HOW THEY WORK

While conducting these rapid and instant inductions, at the instant when the client's head is being pushed backward or body is being jarred in some manner with their eyes closed, this produces a "shock" type effect to the conscious mind. At that split-second the conscious mind is placed off-balance and is trying to retain control. However while it is off-balance and trying to regain control, any "one word" commands given in that same moment will not meet resistance by the conscience mind and will be acted upon immediately by the subconscious. Two of the most effective words that may be given are the words "sleep" and the word "heal".

Another important point to realize while conducting instant or rapid inductions, is that once you have performed this to your subject and especially if they did not realize that you are going to be doing this, it will surprise them very much. Because of the sudden shock to their system it is important that immediately upon performing the rapid or instant induction that you continue speaking to the client in a calm steady manner. If you do not continue speaking to your client and they do not hear your voice they will come out of trance just as quickly as they went in. Your voice serves as a soothing anchor to help them to realize that they are safe. It doesn't really matter what you say to them when you speak or whether you even speak to them or to the audience at this point, all that is important is that they continue to hear your calming, anchoring voice.

NOTE: Instant inductions can be performed from any of the suggestibility tests.

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Arm Pulling Method

Instant induction

By Rene A. Bastarache, CHI

(This can be used as a very quick "instant induction" or included in a relaxation as a rapid induction.)

I'd like you to shake my hand and continue holding it as you close your eyes… *(make sure they close their eyes)* and relax … now lock your elbow *(put your other hand on their elbow, securing it)* and … SLEEP! *(Say the command as you gently, but sharply pull her hand towards you and the exact same instant you say SLEEP!)*

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Hand Release Method

Rapid induction

By Rene A. Bastarache, CHI

This method can be conducted either sitting or standing. With this method you would tell your subject to place their left arm straight out in front of them locking it at the elbow. Now place your hand palm upwards under their wrist and tell them to push down on your hand as hard as they can as if they were trying to push your hand down to the ground. Then say "The harder you push down on my hand, the more tired you will become." and repeat it several times if you do not feel they are pushing very hard then continue by saying "You are so, so very tired that all you want to do is just " sleep"." (As you say the word "sleep" simply lower your hand quickly a few inches and as you do their arm will drop. As it drops they will go into a deep sleep.)

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Instant Induction from Handclasp Test

By Rene A. Bastarache, CHI

Once you have conducted the handclasp test (see suggestibility tests for details) and their hands are still extended outward together you say this …
"Your hands will remain stuck until I come by and touch them, and as soon as I touch them your hands will drop down to your side and you will drop into the deepest state of relaxation." Remember, if they are standing you should tell them that they will not fall.

If there is only one person you are doing this with, you would simply place your hand on top of their hands and then push downward on their hands, saying the word "sleep", and notice their head drop down as they go into a deep hypnotic sleep.

If you have many people you are doing this with for a larger show you would simply do the same thing saying sleep and pushing their hands downward, then going to the next one in line doing the same with them going down the line to each one of them.

If they are sitting you can also tell them that as soon as you touch their hands, their hands will drop to their sides and their head will fall sideways onto the shoulder of the person on the right of them. This works out to be a very funny routine for a comedy hypnosis show, but beware that the last person in line will have no place to put their head. You will want to tell them that their head will go the opposite direction on top of the head of the person to their left.

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Instant Induction from the Arm Bending Suggestibility Test

Once you have conducted the suggestibility test and told your client that he could not bend his arm at the elbow, simply place your hand above his, resting it on the top of his hand. Now push downward while saying the word “sleep“, at the same moment.

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Instant Induction from the Pendulum Test

By Rene A. Bastarache, CHI

After having conducted the pendulum test and your subject has responded favorably to all your commands of the pendulum going up and down, then left to right, in a circular motion clockwise, and then a circular motion counter clockwise, do this; Tell your subject to close their eyes, as you place your hands behind their head and slightly push it forward saying the word "sleep". You may want to take the pendulum out of their hands so they do not drop it at this point … remember to continue talking so they realize that everything is safe and they stay relaxed.

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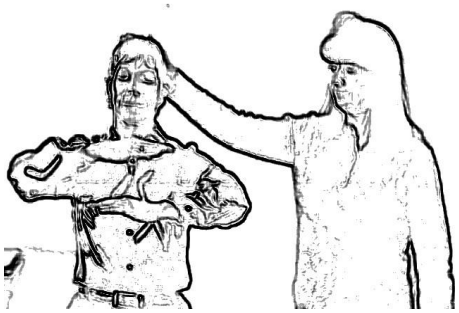

Circular Arm Method

By Rene A. Bastarache, CHI

This one is best conducted standing up. This induction also can be used for either an analytical or a non analytical subject however it is a great choice for analytical subjects as it keeps them busy. From a standing position, tell your subject to respond to your instructions as quickly as they can without thinking about it, or analyzing it. Inform them before they begin that at no time will they fall and they will continue to stay standing. Have them put both hands in front of them and start revolving them around each other quickly in a circle. As they begin doing so, begin to give them your instructions quickly. (The intent here is to give a series or many rapid instruction to your subject so as to confuse and disorient them.) Your instructions should be similar to this… "Rotate your arms faster … faster … now reverse direction … slower … reverse direction … faster … reverse direction … faster … slower … reverse direction … faster …. reverse direction … slower (by now you should notice them messing up your instructions a bit) you'll also find that they may even seem to be getting annoyed when doing this as well as confused … now simply put your hand up behind their head gently and pushing the back of their head forward only a couple inches saying "sleep" in an authorities voice. As soon as you do this their head will fall forward a bit and their hands will fall to their side in a relaxed state.

The reasoning of this induction is that you are keeping the subject mind so very busy, confused and eventually annoyed. The subject just wants to stop and as soon as he gets the command to sleep, the subconscious will react immediately to it as a way to stop performing the task. You will also notice a relieved look on their face.

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"Hypnotic Nerve" Instant Induction

A placebo

(This one is not real but can be conducted for entertainment. Occasionally it is successful.)

First it is important to realize that there is no such nerve as the Hypnotic Nerve. This induction is entirely a placebo however I have performed it successfully many times in spite of that.

It is important before you attempt this or any similar type of induction that you have developed a rapport with your subject and that an element of trust and confidence has been established. Have your subject sit comfortably in a chair, and tell them the following. "In just a moment I am going to count to three and then do a little snapping movement here on the bridge of your nose which is where the hypnotic nerve is. As soon as I do this motion you will immediately drop down and go into the deepest state of hypnosis that you have ever gone … and your hands will drop down to your side and your head will droop forward, very relaxed. So let's begin … "(Place your fingers above the bridge of their nose as if you are going to snap them and begin counting) "One, two, three and "sleep"! (As you say the word sleep simply snap your fingers allowing them to touch lightly the bridge of his nose and you will see his head droop downward.)

The reason that this works is that you are stating to the subject what to expect before you do the procedure causing expectancy. Then when you actually do it they drop their head in obedience and are told that they are now in a deep state of hypnosis. Which they believe due to the trust factor and it becomes reality.

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Sitting Instant induction

By Rene A. Bastarache, CHI

This is a very easy instant induction that can be conducted as you are having your subject sit in their chair. Be sure that it is a sturdy chair. You tell the client that in just a moment they will sit down and as soon as they sit they will immediately drop into a deep relaxed state. Now have them close their eyes while they are standing and as they go to sit down, you help them sit by placing one hand on their forehead and the other hand behind the head or upper back depending on the positioning and type of chair so as to catch them as they sit down Just before they sit while still in the downward motion of sitting, just pushed them down a little quicker than they would normally have by the head, and say "sleep". They will end up in the sitting position in a deep hypnotic state.

What has happened is as they were going to sit down on the chair, their body moved down quicker than they expected which had a shocking, off balance effect at which time you gave the command "sleep" which was acted upon by the subconscious mind immediately.

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Laying in Bed Instant Induction

By Rene A. Bastarache, CHI

This is very similar to the Sitting Instant Induction however this one can be administered while they are in bed. It works great on hospital patients or even your spouse if they cannot sleep well or have pain at nighttime. The beginning position for this one would be sitting up in bed. You say "As soon as you lay down … and your head touches the pillow you will immediately go into a deep, sound, hypnotic rest. So now slowly lay down … and "sleep"." (Timing is important here. One of your hands should be supporting their neck and the back of their head area and the other should be resting lightly on their forehead. Just before their head reaches the pillow you simply push their head down the remainder of the way a little quicker than their present momentum, while stating the command "sleep" at the exact same time.)

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Faith Healer (Standing)

By Rene A. Bastarache, CHI

Yes, this one sounds exactly like it is. You may want to have someone help you with this one as an assistant. While your subject is standing in front of you with their eyes closed you would have your assistant stand directly behind your subject or if you have two assistants you should have one stand on either side of your client so as to catch them when you push the subject backward. Remember you do not have to push them very much, just a slight movement will suffice. Even a slight movement seems quite excessive to the client when their eyes are closed.

At the appropriate time for the rapid induction you would place your hand on your client's forehead and push their head backward slightly while saying the word "sleep" at the exact same moment. If you do not have an assistant then you should tell the subject in advanced before doing this that even when you give them the command to "sleep" and to go into hypnosis that they will remain standing on their own and that they will not fall, that should eliminate any problems.

If you do have assistants helping you, you can push on their head a little further back if you desire to and your assistance can catch them. While this is very flamboyant, and you do not need to push them all the way back. If you do decide to do so, you may repeat the word "sleep" several times while they are in the process of being pushed back as it will take them even deeper. Remember to do this while they are "in" the motion of being pushed. Using this technique you can also substitute the word "sleep" for the word "heal".

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Faith Healer (Sitting)

By Rene A. Bastarache, CHI

Have subject sit comfortably in a chair. I find that a straight back chair works great, one that does not support their head for the time being. Standing on either side of them place one of your hands a few inches behind their head so as to catch their head as it moves backwards. Place your other hand on their forehead, then simply push their forehead back into your other hand while saying the word “sleep” at the same time. You are basically pushing their head from one hand to the other so as to support and catch it.

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Push Head Sideways

By Rene A. Bastarache, CHI

This is very similar to the Faith Healing Induction sitting.
Once again Place one of your hands on either side of the subjects head. One of your hands will be the pushing hand and the other one will be the catching hand that will catch the subjects head as you push it so as to make it supported. So now with the pushing hand, put it on one side of their head and as you push it to the other hand which should only be about 2 Inches away, you would simply say the word "sleep" at the same moment.

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"If a man does his best,
what else is there?"

General George S. Patton

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CHAPTER 15

STRESS REDUCTION

Before working with clients on stress reduction it is helpful to understand the different types of stress and what can be done to alleviate it. This information will aid you in tailoring your stress reduction sessions to your specific client's needs as well as help you in being able to inform your clients of tips that they can do to help themselves.

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CAUSES

Some of the major causes of stress:

1. **Over exaggerating your stress** - Many people when encountering stress will think of the worst case scenario thereby causing more stress. This tends to cause a domino effect causing the stress to spiral deeper and deeper.

An example of this would be your boss at work asks you to come in for a meeting with him at three o'clock about a project you have been working on. You begin to worry thinking about the worse possibilities of what he might have to say. Things begin to race through your mind such as "What if he doesn't like my work?" "Will I get fired?" "If I get fired will I have enough money to pay my bills?" "What in the world will I do?"

2. **The foods you eat** - Many foods will cause you to be very emotional one minute and the opposite the next. Among those foods are alcohol, sugar and caffeine. All of those are known to increase stress.

3. **Chronic pain** - Many times people with chronic pain will feel very stressed due to not being able to accomplish ordinary tasks that they may have been able to do in the past. This causes feelings of inadequacy or of being left out which in turn can cause feelings of depression and extreme stress.

4. **Excessive demands or deadlines** - The result of excessive demands or deadlines on a person are a very common source of stress. Many people create deadlines and procrastinate on a regular basis which eventually becomes a way of life or a habit for them, creating constant stress. With so many demands and stressful things happening all at once, they tend to pile up on each other and eventually something very small may be the one thing that will cause a person to snap. The accumulation of all these things can bring a person so close to the edge that it just takes one little insignificant thing to set them over. The proverbial camel's back.

5. **Heredity / Learned behavior** - We tend to emulate our parents in many ways. The ways that our parents dealt with stress often times becomes the same way that we do. This is a learned behavior that eventually becomes a habit.

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6. **Non-acceptance** - Acceptance is a very important factor in our daily lives. We need to accept things that happen to us such as our feelings and various emotions. Non-acceptance of pain, fear, depression, anger or even sorrow can cause stress. By not accepting things as they occur they seem to be magnified and get worse than they were initially. Once a feeling or emotion is accepted it is much easier to come to an understanding of it.

7. **Type A individuals** - Type A individuals are people who are normally more analytical than others, over achievers, usually hurried in all that they do, quick to anger, very competitive, and always reaching for goals that are not realistic. They usually bite off more than they can chew. These people seem to be addicted to stress as it becomes a lifestyle for them.

SOLUTIONS

Some solutions that can be used to help reduce stress:

Here are some things that can be done to help reduce stress. They are in no specific order and some can help for many kinds of stress. If there is a solution here that can help your client, you may want to discuss it with them and/or include it as a suggestion in their hypnosis session.

Work it through - When you find yourself exaggerating or amplifying stressful things that happens to you, one possible solution is to identify your problem and actually think it through. As in the case where your employer wants to have a meeting with you. Work it through your mind and think of the possible outcomes. If he was unsatisfied with your work, perhaps all he would do is have you do it over or complain about it. On the other hand maybe he will be happy with your work, and might just want to give you praise. By working it through in seeing the possible outcomes, you may find that they are less severe than what you were imagining initially thereby causing less stress.

Check with your Doctor or Nutritionist. - If you find that you do not have a proper diet, do not get the proper nutrition or just don't have the time to eat properly, you may want to check with your Doctor about your nutrition. A lack of certain vitamins can be a cause of anger and stress. By checking with a certified professional you can find the proper nutrition to lower your stress.

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Deep breathing - Deep breathing is an excellent stress reliever. It is interesting to note that many times when children were overexcited or seemingly out of control, you will notice the parents tell them to stop and take a deep breath. Taking a deep breath fills their system with oxygen and sometimes after taking deep breaths most would even find themselves yawning. It is a great stress reliever and is often times a helpful addition to sessions..

Thought stopping - *(STOP & SWAP)* - Before practicing thought stopping it is important to understand or agree that certain lines of negative thought can be unproductive or even harmful. Realizing this, you may practice the concept of thought stopping as it is very simple. Whenever you seem to be plagued with negative, unproductive, or even destructive thoughts, simply say to yourself in a firm voice STOP, and then go about your business with your new thought process. That's it! It's so simple that it seems silly, however can be very effective.

Acceptance - *(Bring to Alpha)* - The principle of acceptance is something that has been used in many hypnosis sessions for stress as well as for pain management. By accepting feelings, emotions or even pain, the feelings tend to become less intense and sometimes nonexistent. A good example of this is the child that gets a splinter in her finger and begins to cry and carry on because of the pain. The reason the pain is intensified is that the child is not accepting the pain as she wants it to just go away. The more that she fights for the pain to leave, the more the pain seems to be magnified. This is where the principal of acceptance comes in. You can accept the pain that you have by first of all identifying the pain. How does it feel? What effect is it having on you? What kind of sensations are happening to you? Basically by labeling everything that you are feeling, you'll find the pain intensity to lessen and for it to be much more manageable. Buddhist philosophy teach that by accepting the pain and realizing that the pain that is presently being felt is what life has to offer you at this very moment. You could not experience this pain unless you had a body. So accept it as what life just has to offer you right now. By doing so the emotion or the stress related to it will become very small.

Eliminate the shoulds *"Shoulds give us permission to fail" Jamie Tyndall, CI, CHT*

We all seem to have our own ideals of what life should be like. Many times we find ourselves saying …

I should be more caring.

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I should be prettier or more handsome.
I should lose weight.
I should stop smoking.
I should work harder.
I should make more money.
He shouldn't do that.
You shouldn't wear that.
You shouldn't say that.
You shouldn't go there.
You shouldn't be like that.
You shouldn't drive that way.
You shouldn't eat that.
You shouldn't be with them.
You shouldn't act that way.
You shouldn't eat so fast.
You shouldn't be so angry.

We seem to set ourselves up with all the many shoulds because there are more shoulds than you can ever imagine. By setting ourselves up with all of these shoulds, we also seem to feel that everyone else should fall within our guidelines of how people should be. So when someone does not do what we think they should do, we become upset or stressed if they do not have the same morals, appreciation, understanding, or even driving skills. We tend to judge, criticize, and in many cases become very stressed. It's important to eliminate the shoulds from our lives, to try our best to simply be who we are.

Hypnosis - Another effective way of eliminating stress is to be hypnotized for stress reduction. By giving suggestions to the subconscious mind we can correct many of the reasons for stress that we deal with. There are also many post hypnotic suggestions that can be given to your clients that they can use at a moments notice should they find themselves in a stressful situation such as taking three deep breaths and saying quietly to themselves "relax now". You will find a stress reduction script that you may use further on in this chapter.

Self hypnosis - Self hypnosis is also excellent way to reduce stress. It usually only takes very little time to do and can be a great relief when needed.

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"What you are is what you have been, and what you will be is what you do now."

Buddha

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CHAPTER 16

HEALING WITH HYPNOSIS

We have just barely begun to scratch the surface of understanding the powers of the subconscious mind. It is truly a marvelous thing. What the mind can conceive the mind can achieve. This applies especially in the area of healing. It is our opinion that the subconscious mind can literally heal any affliction according to the faith or belief of the subject. Let me repeat that… The subconscious mind can literally heal any affliction according to the faith or belief of the subject. We will delve more into that in a few moments.

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THE SUBCONSCIOUS MIND (Relating to healing)

In this section you'll learn different ways of healing using hypnosis. First, we will be using the power of the subconscious mind to heal through the belief system or faith of the subject. Secondly, will consist of techniques and healing using various visualizations, scripts and healing suggestions.

The subconscious mind is the part of your mind that is responsible for keeping everything within your body in control. Whether you are conscious, wide awake, or even sleeping, your subconscious mind is always working, seeing to it that your heart is always beating, that your lungs are working properly and breathing. It is the part of your mind that makes sure that blood is pumping to your entire system, that your skin utilizes to stay healthy. It is even responsible for the growth of your the fingernails and is responsible for your body temperature to stay at its proper levels. Every function of your body is controlled by the subconscious mind.

Just think for a moment about the process of birth taking place within a mother. The subconscious mind is responsible for all the entire development of the baby right from the very first cell in the beginning it is responsible for growth. It helps the baby to grow within the womb in each and every different stage. It is the part of the mind that decides when the baby's different organs will be formed, the part that tells it when the fingers and toes will be formed. Whether it's a male or a female, everything is known within the subconscious mind. It is the "blueprint" of this newborn's life. These blueprints stay within each and every one of us for our entire life. Here is one of the fundamental truths of nature that you must always remember … It is "natural" for us to be healthy and happy. It is "unnatural" for us to have sickness and misery. Our blueprints when we were born, that developed us from a single cell, brought us all the way from conception to a happy and healthy child. Those blueprints still remain within our subconscious mind even as we grow older. They help us to stay healthy and to correct problems as they arise.

Even though you become sick, no matter what your ailment is … remember it is unnatural to be sick and if given the proper instructions, the subconscious mind has within its blueprints or memory how you "should" be in a perfect healthy state and has the capabilities to return you to that state. What it requires and is called for to return you to health is a belief, "faith" that it can be done and a strong desire. Believe that it can happen and it will.

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"Everything" in the physical world was "first" created as a thought.

Another fundamental truth of the mind is that in order for anything to happen physically it must first happen within the subconscious mind. Everything that happens to us was created by our thought process or the thought process of others. This includes our success, stature in life, our family, hobbies, home, job, and our goals or lack of. EVERYTHING. That's even so with sickness. Yes, even with sickness, you and sometimes the influence of others' minds have developed the sickness in the subconscious before it took place. Maybe not consciously or on purpose … Maybe it was done inadvertently or through comments you may have said. Maybe through fears, phobias or your thought process or one of many other possibilities, but they were created in your subconscious first.

Keeping with this trend of thought… If we can create our society and health through our thought process… why not create it positively or successfully?

A few rules about the subconscious:

❶ Takes everything literally from the conscious mind.
❷ Will do exactly as the conscious mind states.
❸ Does not have a sense of humor.
❹ Does not understand sarcasm or negative.

So in order for healing to take place through the subconscious mind there must be faith or belief within the conscious mind that it can take place. In any form of healing even with modern medicine you must have faith that you will be healed, you must have a belief that you will be healed, in order to be healed. Therefore in order to be healed first you must realize that you can be healed. This is where the concept of "buying in" comes in. You must be able to "buy in" to the concept that you deserve to be healthy, that you can be healthy. That it is unnatural to be sick. That it is natural to be healthy. You must have a strong desire to be healthy and through the power of your imagination you must be able to visualize yourself and see yourself as a healthy being. If you cannot visualize, see yourself or feel yourself as what you desire, it will be very difficult to attain it. See yourself as the object of your desires and become that desire. You must have heard the old saying that says. "You are what you eat." It is very similar with the subconscious mind in that "you are what you think." Begin to program your subconscious mind to remain healthy. To restore your

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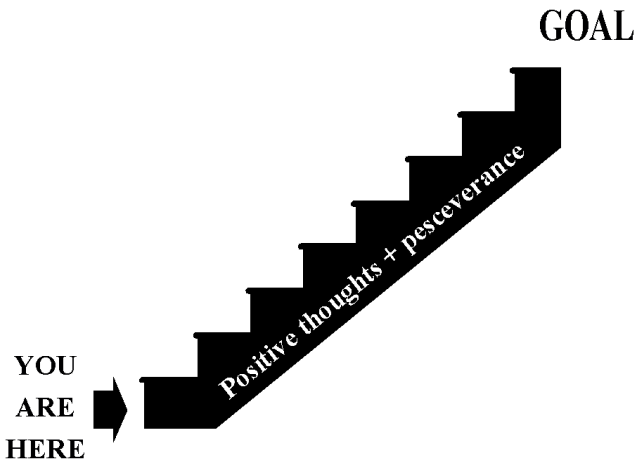
health if you are not healthy presently. Continually believing that will happen. Creating expectancy by believing it will occur. According to your faith, to your belief. This is not only just for the subconscious mind but even in the area of faith healing. You must have faith, belief that you can be healed before you are. Even in the Bible there are many stories where people were healed according to their faith. Many people spoken of in different parables believed that if they could just touch or see certain religious relics that they could be healed and many of them were.



I read a story a while back of a wealthy gentleman who had purchased a special ring, and embedded in the ring was a small piece of wood, a splinter that was believed to be from the cross that Christ himself carried. This ring was greatly sought after and valuable. The story went on to tell how this gentleman who was dying of cancer was interested in attaining this ring and bought it at great expense. Once he owned the ring and held it, he was miraculously healed, because he felt that if he had this wonderful relic he would be healed. It was later found out that the initial owner of the ring actually created with just a piece of wood that he found on the ground and made up the story so as to make money on it. Even though it was not legitimate as he had thought it to be, not knowing this news he believed he could be healed and his faith did heal him. Your faith, the power of the subconscious mind is very strong. What the mind can conceive the mind can achieve.

FIRST: In order to be healed through the subconscious mind you must first have faith that it can happen. What is faith? The Bible describes it as: "Faith is the substance of things hoped for, the evidence of things not seen." (Hebrews 11:1 KJV) I think that definition pretty much describes it best.

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The belief system of the subject is important. Without a belief or faith that healing or success can be induced by the hypnotist, the resistance to opening the mind to suggestions is heightened. On the other hand if there is a belief in the authority and the abilities of power in the hypnotist, he is much more likely to produce a successful induction. An example of this would be … A subject that comes in to see you to be cured of an illness as a referral of a previous client that had a resounding success and raved about how effective your services were … He is more likely to "also" be cured due to his faith that you can cure him because you did with his associate, rather than someone who just walked in from the street seeing your sign outside your door.

SECOND: You must also have a strong desire or commitment.

YOUR "WANT TO"

How strong is your actual commitment? Of course all of your subjects will say that they have a strong commitment or a desire to be helped. We all want to improve our lives and have a certain level or desire a commitment, but is it really strong enough? Are we really motivated? This brings to mind a story that I heard recently that a gentleman told about his grandmother. It goes like this … His grandmother and grandfather lived together happily for many years. In fact his grandfather would often praise how lucky he was to have such a wonderful woman as his partner. The only negative part of the relationship that he spoke of was his desire for his wife to quit chewing tobacco. It's something that she had started about five years earlier and he felt it was truly a disgusting habit. Trying to encourage his wife to quit one day he told her that if she would give up the habit he would give her $1000. Now back then $1000 was a lot more money than it is today, and she really wanted the $1000 and thought of so many things she could do with the money. So she attempted to quit and gave it what she felt to be a good try. She went about three days without chewing and finally gave into her craving and began once again. She was very upset that she could not quit, however her husband was even more so. Several years later her husband had passed away. As time went by, the grandmother found herself beginning to get quite lonely and one day she met a wonderful, very handsome man nearly 10 years younger than her that started to pay her attention. She was very excited about the possibility of spending time with her young man but realized that he may not want to go out with her if he found out that she chewed tobacco so she decided to quit chewing tobacco and did so permanently. She got together with the younger man and they lived happily ever after. How strong is your "want to"? What is your

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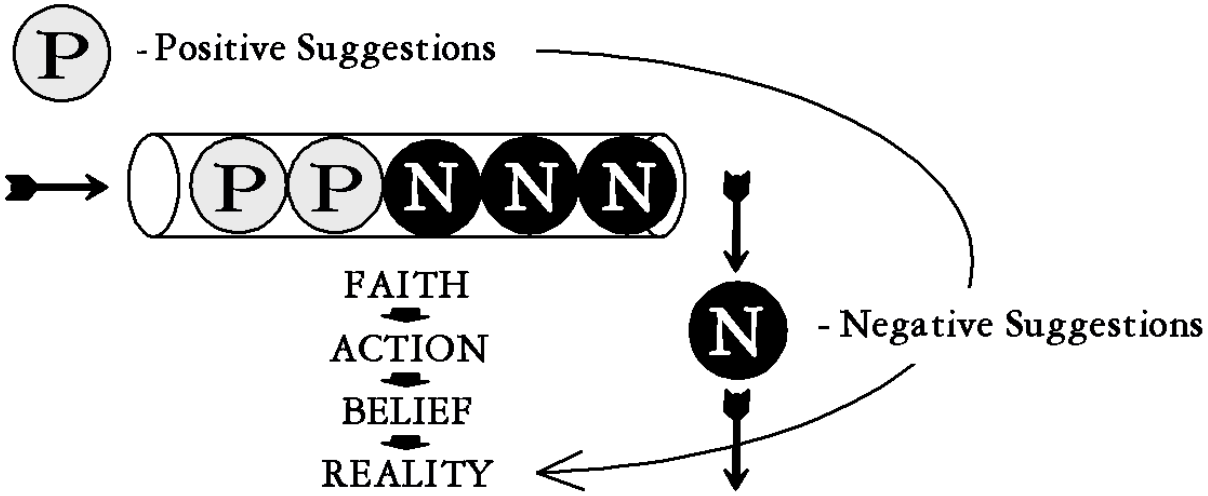
motivation?

There must be a strong desire for the subconscious mind to heal you. Not only to heal you but to do anything, such as to quit smoking, lose weight, eliminate bad habits, become stress free or whenever it might be. Your desire or your "want to" must be big enough.

One of the first things you need to do is to keep positive thoughts at all times. Never finish a negative statement because anything that you say or think becomes part of your subconscious programming. From now on you must program your mind positively; always think of being stress free and relaxed. When you find yourself saying a negative statement, stop yourself, and finish it in a positive way.



NEGATIVE STATEMENTS

Have you ever found yourself saying negative statements and finding that the exact thing you are saying is exactly what happens to you? The following is a list of many negative statements that we say to ourselves on a daily basis that programs us negatively. We are listing them here as a way of helping you to see the many instances that you may be doing this by jogging your memory.

Go through the list and count how many you have found yourself saying and eliminate your future usage of them.

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I can't do it	I can never win at anything.
I can't make it	I can never get a break.
I can't keep up	I never have enough time
I feel sick	I never seem to get anyplace on time.
I feel sad	I never seem to save any money.
I feel angry	I never could do it well.
I feel stressed	I never have any money left over.
I feel worried	I never know what to say.
I feel hurt	I never understand
I am stupid	I've never been any good at that.
I am sad	I know it won't work.
I am sick	I don't have talent.
I am crazy	I don't like myself
I am dead tired	I get so depressed.
I am broke	I just can't lose weight.
I am poor	I just don't seem to get anything done.
I have a bad memory.	I just can't get into it today.
I just can't get organized.	I just can't get it right.
I already know I won't like it.	I just can't deal with this.
I always get a cold this time every year.	I just can't take it anymore.
I always freeze in front of an audience.	I just don't have the patience for that.
I don't have a musical bone in my body.	I feel so old.
I can never seem to lose weight.	I always feel so weak.
I can never afford the things I want.	I feel so tired
I can never pay my bills.	I hate my job.

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I hate my nails I hate my hair I hate my life I don't have the energy I used to. I always feel like hell. I'm always so tired. I'm really at the end of my rope. I'm just not cut out for that. I'm so clumsy. I'm so useless I'm over the hill. I'm so fat I'm no good at handling money. I'm just not creative. I'm really out of shape. I'm too shy. I'm no good at things. I'm not a salesman. It's going to be a bad day. It's going to be a long day. It's just no use. It seems like I'm always broke. It's not going to work anyway. Everything I eat goes right to my hips. Everything I touch turns to stuff. If only I were smarter. If only I were taller. If only I had more time. If only I were prettier. If only I were handsome.	If only I had more money. If it weren't for bad luck, I'd have no luck at all. I'll never live to see 40. I'll never stop smoking. My hearing must be going. My sight seems to be getting worse. My back hurts all the time My butt always looks too big. My kids drive me crazy. My desk is always a mess. My room is a mess My house is a mess My hair is a mess Nobody likes me. Nothing ever goes my way. No one wants to pay me what I'm worth. Nothing seems to go right. Sometimes I wish I'd never been born. Somebody always beats me to it. Things just aren't working right for me. This is such a depressing day. This list is just so long. That's impossible. That's just my luck. There's just no way. With my luck I don't have a chance. Why should I try? When will I ever learn? What's wrong with me!

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POSITIVES

Exercise: Read each of the adjectives below and mark the ones that identify you … *(You may want to have someone else close to you fill out the same list about you. You may be amazed how others feel about you)*

Able	Common sense	Exceptional
Accepting	Compassionate	Fair-minded
Accurate	Competent	Faithful
Adaptable	Confident	Fit
Adventurous	Conscientious	Flexible
Affectionate	Considerate	Forgiving
Alert	Content	Free
Ambitious	Cool	Friendly
Artistic	Cooperative	Fulfilled
Assertive	Courageous	Fun
Appreciative	Courteous	Funny
Athletic	Creative	Generous
Attentive	Curious	Genius
Attractive	Decisive	Gentle
Beautiful	Dependable	Glad
Brave	Determined	Good-natured
Bright	Devoted	Gracious
Broad-minded	Disciplined	Growing
Calm	Diplomatic	Handsome
Capable	Diverse	Happy
Candid	Dynamic	Hard-working
Careful	Eager	Healthy
Caring	Easy-going	Helpful
Cautious	Educated	High standards
Charming	Efficient	Honest
Cheerful	Empathic	Honorable
Childlike	Energetic	Humorous
Clear-thinking	Enterprising	Idealistic
Clever	Enthusiastic	Imaginative
Committed	Ethical	Independent

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Individualist	Patient	Sincere
Industrious	Peaceful	Smart
Informative	Persuasive	Sociable
Ingenious	Persevering	Special
Innovative	Persistent	Spiritual
Insightful	Playful	Spontaneous
Inspirational	Pleasant	Spunky
Intelligent	Polite	Stable
Intuitive	Positive	Straight forward
Inventive	Practical	Strong
Kind	Precise	Successful
Kind-hearted	Prepared	Supportive
Leisurely	Progressive	Tactful
Light-hearted	Punctual	Talented
Likable	Quiet	Tenacious
Logical	Quick learner	Thankful
Lovable	Rational	Reasonable
Loving	Realistic	Reflective
Loyal	Relaxed	Thorough
Lucky	Reliable	Thoughtful
Mature	Reputable	Thrifty
Merry	Reserved	Tolerant
Mild	Resilient	Trusting
Moderate	Resourceful	Trustworthy
Modest	Responsible	Understanding
Moral	Reverent	Uninhibited
Natural	Robust	Unique
Neat	Satisfied	Versatile
Nice	Secure	Warm
Non-judgmental	Self-confident	Well-balanced
Nurturing	Self-reliant	Well-read
Open-minded	Sensible	Whole
Optimistic	Sensitive	Willing
Organized	Sexy	Wise
Original	Sharing	Witty
Outgoing	Simplistic	Zany

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SARCASM *(The root word literally means "To cut a piece of, or tear flesh." Wikipedia)*

I heard this story awhile back by an evangelist who was speaking of this gentleman whose daughter had an incurable skin disease. This gentleman loved his daughter very much and would have done anything to help her get better. He took her to many doctors and hospitals trying to help her, always hearing that her condition was incurable. He was often heard saying, "If my daughter could only be cured I would give my right arm." Two years had passed and one day this gentleman got into a terrible car accident. As a result of it, his right arm was completely severed from his body. Within a very short time, his daughter was completely cured. Be careful what you say and what you wish for. The subconscious mind takes everything literally and does not understand sarcasm. It wants to heal you. It has the power to heal you, and it will listen to your conscious mind. It will listen to your suggestions. If you have a desire and a strong belief.

Many times our conscious mind may have a hard time thinking positively or having enough beliefs or enough faith that we can heal and therefore it may not be receiving the proper suggestions to the subconscious. In this case here is a prime area for hypnosis. With hypnosis you can get the conscious mind to move to the side temporarily as the Hypnotherapist using hypnosis can give positive healing suggestions directly to the subconscious mind to which it will also respond immediately. Just as if the conscious mind gave them. Remember the conscious mind is always in charge. It has the final say on anything. When hypnosis is used, especially in the area of healing or doing things that are good for you the conscious mind is still awake and hears the suggestions, however has no objection for good things to happen to you. Therefore it will not fight, and will allow the subconscious mind to do what it needs to do to make you healthy.

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PAIN MANAGEMENT

One of the strongest areas of pain management and healing with hypnosis is the use of visualization. There are many scripts available today however after understanding this principle you will be able to create your own scripts very easily. This is a very straightforward common sense approach to pain management. The first step is to use your imagination or to have your client use their imagination and to visualize their pain as the shape of any object they choose and ask them what that object is. They can visualize it as a football, a balloon, a basketball, a rock, an animal, or anything they would like. Now tell them that they have the ability to make this object that they have created larger or smaller and to do anything with it that they wish. First of all have them get the image vivid in their mind such as the texture, the size, the color. As an example let's make the shape of the pain a balloon. What color is the balloon, what is the texture of the balloon, how big is it? Once they have visualized the balloon and have it clearly in their mind, have them make the balloon larger. Tell them to make the balloon larger, and as they make the balloon larger they will also feel their pain increase just a little bit, but not enough to harm them. Have them go ahead and do this and nod their head as soon as they have increased the size of the balloon and feel the pain increase. Once they nod their head, now have them make the balloon smaller, back to where it was initially and the pain will subside. Now it makes sense that if you can make the balloon and the pain larger, then the exact opposite should also be true. Now have them make the balloon smaller, and feel the pain dissipate. In fact once they feel the pain start to dissipate, they can let all the air out the balloon. They could bust the balloon or they could just let it go and let it deflate as it flies away out of sight and as it does so will the pain. They must understand the concept … if you can make the pain more you can make the pain less. This is why we demonstrate this by increasing the pain slightly at the beginning of the session before we decrease it. Many people may not have the belief that they can control the pain by making it go away, however everyone has the belief that they can make it stronger, and bigger. If you can make it one way, you can also make it the other. It is important to realize that you not only have the ability to lessen the pain, but if you can lessen that, you can make it go away completely.

Another example that you may use is to give the pain the shape of something large such as a building, a barn, or even a tunnel. Let's use a tunnel a road goes through, like the one that goes through a large mountain. Tell them to give their pain the shape of this tunnel. As you walk through the tunnel or drive through whichever you choose, the pain seems to increase slightly as you enter the tunnel but as soon as you

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get in the tunnel and you can see the opening on the other end, the pain becomes less and less. The closer you walk or drive to that opening the more your pain diminishes, and the healthier you become. Notice while making a script not only are you diminishing the pain but you are also encouraging health and healing. The closer you come to that door the less your pain is and the more you become healed until you walk or drive out of the door and as you exit the tunnel your pain is no more. It is gone. If you are using a script similar to this just for pain you can tell your client that any time they feel the pain coming upon them to just close their eyes and visualize the tunnel and go through the process, and this will work each and every time if they desire.

HEALING

Another technique you can use is the healing white light concept. Have them imagine a healing white light just above their head. This is a light that heals completely or a light that will relieve them from all their pain. The light will act almost as a scanner, from a photocopier. As the light descends down over by their head scanning through their face and so on. Every where the light goes over all pain will be gone. They will feel wonderful. You then continue to scan lower and lower and eventually totally scan the entire body, and all the pain is gone.

Another version of this is to tell them that they are filled with a healing white, warm, inviting, happy, healing light. As they make a survey of their entire body, they can see if they can find anywhere there might be leaks where the light might be escaping. Those are the areas that need to be healed or the areas that have pain, and they are to mentally imagine themselves fixing those leaks. Plugging them up so the light is contained within them with no leaks whatsoever. These leaks that they fix will lessen the pain until eventually there is no more.

“Heal”

During your sessions it is also helpful if you can intermittently include smaller instant inductions during the session however instead of saying a word “sleep“, say the word “heal” which can help them by bypassing the conscious mind and healing quicker.

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Give sickness NO NAME

It is very important during any kind of healing with the subconscious mind to let your subject know that from this moment forward not to give their sickness a name. If you must speak of it you will simply call it one of the following. The sickness, dysfunction, unhealthiness or the dis-order. By continually labeling your sickness such as a cancer or a kidney problem you are encouraging the subconscious mind that there is a problem and it may make it even more serious than it was before. You are no longer "buying in" to your sickness and you will no longer give it a name.

How The Subconscious Tries

❶ Here are some examples of how the subconscious mind attempted to help some of my clients in different situations to their various panic attacks. The first client came to me and complained that she could not drive on any main roads any more. She was okay driving on side roads but could not drive on any main streets, or highways. Of course this became a large hindrance for her because any time she needed to go shopping or any place of distance she had to have someone else in the family drive her. Through further investigation throughout the session we found that this problem began when her and her husband had gotten into an accident about a year earlier. The accident took place on the turnpike. So as a way of helping her the subconscious mind decided that she would not be able to drive on any main roads. This way she could not get into another accident on the turnpike.

❷ A second client came to me with the problem of severe stuttering since he was eight years old. At this time he was presently 35 years old. He was stuttering since then constantly but he found that the stuttering increased much more when he was in public or when he was nervous. Upon regression and further investigation we found that the problem began back when he was eight years old as a result of giving an important oral presentation in his classroom in which all the students in the class began to laugh at him. The problem was further compounded by his stepfather at that time who used to constantly make fun of him and ridicule him for stuttering. Here is a situation where the subconscious mind decided to make this young man stutter as a way to not get in front of crowds anymore.

❸ A third example is an elderly client that came in complaining of severe facial tics. This facial tic was so severe that when he was sitting in the chair speaking to me he actually had to hold his face with both hands to stop it from twitching

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uncontrollably. He stated that he had never had this problem growing up or during his adult working years. It all began approximately 10 years earlier. Upon regression he was taken back to when it first began which coincided with his employment. At that time his boss had retired and he had gotten a new boss. This new boss was very difficultly to work for. In fact he made my client's job such a difficult thing that he'd eventually gone into retirement as a result. The facial tics began at that time. As you can see the facial tics began as a way to deal with this extremely negative boss.

In all three cases as you can see the subconscious mind did something immediately to help each of the subjects however they were not the best possible choices. All that needed to be done was to go back of course and find what the initial incident was that cause the problem. Through various regression techniques that you will learn soon in this book they were taken back to the initial causes of the problem. At this point all that was needed to be done is to explain to the client why the problem first began. What the initial reason was that their problem began. In most cases they did not remember the initial reason and thought it was from something else. As amnesia is another way for the subconscious mind to protect you. Therefore while in hypnosis you can bring the client back to what the initial situation was. At that point simply explain to them what happened, how their mind had decided to react to help them and then correct the mind with the proper way to help them.

❶ In the case of the first client, once she was told that her panic attacks were as a result of the accident she and her husband were in. She was then explained that the subconscious mind decided to give her these panic attacks as a way to protect her. Then the subconscious mind was told that the accident was over and gone now, and that she only needs to drive more cautiously. She can drive on all roads now. Once the mind understands the situation it tends to correct itself.

❷ In the case of the second client with the stuttering. Once he was brought back into regression and the initial situation was uncovered, it was explained to him that stuttering was no longer the best way to deal with the stress. It was also explained to him that all the children in that class were grown up and older now. It was also explained to him that his stepfather was no longer in his life, in fact he had passed on. So it was much better for him to be able to speak without stuttering, so he could show his intelligence and progress further in life. At the end of the session the client no longer stuttered. In fact he was so excited that he was actually dancing through my office after the session. It has been five years now and he is still not stuttering.

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❸ With the third subject after regression had been conducted, we found that everything began with his new boss beginning work. He was explained as to why his subconscious mind began to act that way, which was the way of dealing with his boss. It was a vent for his stress of sorts. He was then explained that his boss was no longer a part of his life in fact he has been retired for the past 10 years. So there is no more reason for the facial tics to continue. They are only there as an annoyance and not a way of helping him whatsoever. Therefore the subconscious mind was able to let go realizing that was not a helpful process anymore. The gentleman was then relieved from all this discomfort of twitching that he has had for so many years.

In each one of the situations it was merely a process of regressing the subject back to when the situation first occurred. When the situation was found, we corrected the behavior with the subconscious mind. Remember that the subconscious mind is like a four-year-old child that wants to help you in any way possible. Therefore by correcting the way of dealing with the problem, so that your more productive and healthier, the child will gladly change to help you very quickly. This is the beauty of dealing with panic attacks using hypnosis.

BRIDGE TECHNIQUE

The Bridge Technique is used in conjunction with regression as a way to find an initial incident that may have been covered up or hidden by the subconscious mind. The concept of the bridge technique is to take the subject back in their mind using regression. One of many methods that will be shown to you in this book. You would bring the subject back to the first time that they could remember the incident having to do with their panic attack or phobia. When the clients remembers the first incident they could recall having to do with it and when they begin to display some emotion related to the initial situation, tell them at that point to go back to the first time they could ever recall feeling that feeling they are presently experiencing at this moment. Tell them with some authority and then ask them where they are right now. They should have bridged the gap back to the real incident that caused the panic attacks to occur. If they do not go back to another incident either they do not remember it or the first recollection they already have may have indeed been the first time.

Preparing for regression/bridge

In preparing for any kind of session where negative thoughts or feelings can arise,

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it is important to prepare your client in advance. Several bits of preparation should be done in order to make it safe for your client. First, you need to have a signal of sorts that the client can give you that will let you know that they are feeling stressed or negative. There are many such things that you can do. The one I like to use is, I have them move their right forefinger of their hand anytime they feel any stresse coming on. I test them with this before I begin by telling them to move their finger and watch until it is accomplished. It is important before you begin that they understand the instructions. This moving finger is kind of like the steam release of a tea kettle. When they're getting too much stress they move their finger as a release which is a signal for you to start the programming with positive feelings that will take them to their safe place.

The next step is to create a safe place for them in their mind where they can go. Here is the way to do that. When your subject is in hypnosis before you begin any type of regression you ask your subject to think of a very happy place, somewhere that makes them very happy or gives them confidence. Someplace that makes them feel better than any other time in their life. Ask them to think about that and as soon as they have it clear in their mind to nod their head yes for you. Give them time to think about it and once they nod their head, ask them to describe what it is that they are thinking of. Ask them to describe it for you so you can understand what the happy place is. Then once I have the happy place clear in my mind I begin to tap them on the left shoulder with my finger and as I tap them I describe their happy place that they told me about and I tell them that every time I tap them on the shoulder … this happy place, this confident feeling will increase more and more. See yourself in this happy place feeling more wonderful and more confident than you ever have and as you feel this confidence in this wonderful feeling growing, nod your head yes for me. I just wait for them to nod at that time. I then proceed to tell them that anytime I tap you on the shoulder (which can be substituted for a toe or a wrist depending on the seating arrangement) you'll immediately come back to this wonderful happy place feeling stress free and feeling safe.

Now you're ready to begin. As you begin speaking to the subject, if they display any stress by the right finger moving, simply tap them on the left shoulder and bring them back to the happy place and you'll see the finger stop moving. It's that simple.

PHOBIAS

In dealing with phobias you would use regression and the bridge technique to find

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out what originally happened to cause the phobia and correct the behavior or the subconscious mind while giving positive suggestions. In some cases where you cannot bridge the client back or they just do not remember anything that may have caused the phobia. In this case you still have another process called systematic desensitization.

STIMULI REPLACEMENT

The concept of systematic desensitization is to give the subject small doses of the thing that they are afraid of beginning from lighter fears, progressing to the more deep seated fears. Throughout the whole process desensitized them towards their fears by replacing the fears with happy thoughts. Before attempting this you'll want to do some homework in advance. In discussions with your subject you should fill in a model hierarchy form. The purpose of this form is to list all of the client's phobias in a progressive order starting from the least anxiety provoking all away to the most anxiety provoking. The model hierarchy form is included for you in this book. Study it carefully. There are two columns where you would list anxiety provoking elements. One list is for the most anxiety provoking and the other is for the least. There is also another section on the list to put down their happy safe places. You are then to take the two groups of the least anxiety provoking and the most anxiety provoking things and put them together to make one progress list from the least anxiety provoking to the most. Once you have begun the session, the process is to begin with the least anxiety provoking situation on the list and to speak to the client about it watching their finger for the stress release all the while. If they don't exhibit any stress in speaking of the item then you would move onto the next item on your list. Going up the list until you see their finger move. Then you would tap them on the left shoulder if that is what you have chosen to begin programming them by returning them to their happy place and replacing the negative feeling with the positive ones. This will make them feel good even though you are speaking of the negative situation. As you are talking to them about each anxiety provoking element you may want to be tapping them on the right shoulder so they can cue the right shoulder with the anxiety provoking event and the left shoulder with the good happy place. As you're progressing up the ladder of your list you are replacing the negative feelings on the right shoulder with positive feelings on the left. Once you have gone through the entire process they will no longer have the anxiety due to this phobia that they once had. In fact it will be replaced with either no feelings or feelings of indifference or even positive feelings, depending on the subject himself.

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Warning: before you decide to work with any kind of regression, phobias, panic attack or anything else that can bring upon negative thoughts or feeling, be sure you are working within your area of expertise. This type of regression can be very dangerous and should not be attempted by non professionals. It is important to stay within your realm of practice.

NOTE: Unless you are a trained professional in the mental health field you must not work with situations that can result in traumatic situations. It is imperative that you work in your field of practice. If a client has conditions that are out of your area of expertise it is important that you inform them of such or refer them to a professional who is trained in that field.

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STIMULI REPLACEMENT WORKSHEET

NAME_____ DATE _____

TOPIC_____

List 3 seperate situations where you were very confident and happy from your past.

(Examples ... birth of your child, marriage, graduation or special honors, vacation ect.)

1. _____
2. _____
3. _____

List 8 of the least anxiety provoking elements pertaining to your situation.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8.

List 8 of the most anxiety provoking elements pertianing to your situation.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

Chronologically choose 10 from the two list on the left anxiety provoking elements grading for the least to the most.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

NOTES: Results / comments

_____

_____

_____

_____

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9. _____
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NOTES: Results / comments

_____

_____

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_____

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REGRESSION CALENDAR TECHNIQUE

The Calendar Technique is just as it sounds. If you can remember back to when you were a child you may have seen certain cartoons where the cartoon character was going back in time and there was a desk type calendar, the type with one sheet per day setting on the desk. As a wind blew through the room blowing each page over, page by page, day by day, back as it went further back in time faster and faster, the cartoon character went back in time until the calendar finally stopped on one certain date, and the cartoon character had been regressed. This is exactly what the regression calendar technique is. Imagine one of those desk calendars that has the many sheets, one sheet per day, and the wind blowing each sheet day by day, going backwards. Have them visualize the calendar with one day per sheet starting with today's date, and as the pages flip back you see yesterday's date, you even imagine what happened yesterday. Then the next day flips over, then maybe five days at a time. Then the calendar continues to keep flipping back faster and faster, a week at a time, a month at a time, even years at a time. It begins a slowdown just before the date that you're trying to regress the subject to. At this time the client is where they need to be in the regression.

OTHER REGRESSION TECHNIQUES

There are many different forms of regression techniques other than the calendar method that are limited only to your imagination. The hallway technique would be having your client visualize themselves in a hallway. This is a long hallway with a door down the other end. As they are walking down the hallway they are walking back in time. As you walk down the hallway you walk back in time a few days, few weeks, years, and as you slowdown you come to a door that will open just before the point you need to be regressed to.

Using the same kind of technique you can do it with an elevator, a stairwell, or even a fluffy cloud that takes you into the sky and as you descend you descend exactly where you need to be at the certain time or place.

The previous techniques are just vehicles to get your subjects where they need to be. However depending on your confidence level you do not even need to have a vehicle or manner to bring a subject back in time. Instead if you know you need to bring them back to a certain date, just tell them to go back in their minds to that

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certain date, and they will do so. Or if you're trying to find a certain item that your subject had lost you would tell them in their mind to go back to the last time that they recall actually seeing it. Once they have gotten there you just have them tell you step by step what they are doing from that moment and continue until they actually find the item.

THOUGHT STOPPING - *(Stop & Swap)*

Thought stopping is a very simple yet effective way to stop an unproductive or negative thought from continuing to develop. The entire process is like this. As soon as a negative or unproductive thought enters your mind or you are thinking in a negative way, simply say to yourself out loud "stop" or "cancel" and watch the unproductive or negative thought fade away. Even though this seems very simple, practice it in your own life and you'll find it very helpful. Also, when you find a negative influence or statement coming to you from other people or another outside source, instead of accepting it and letting it become part of your programming, stop it by saying out loud, "cancel, cancel". This gives you subconscious the ability to correct the negative and replace it with the appropriate positive programming.

COLOR IMAGERY

Color imagery is a technique that can be used to help in many hypnotic sessions as a post hypnotic suggestion. You just need to associate and color, whichever you may choose with the item that you are trying to give the suggestions for. An example would be such as in the area of confidence, you can say something like, "Every time you see the color red whether it be in something as small as a woman's fingernail color or as large as a sign, anytime you see the color red, red, red, you immediately feel as confident as you do right now in the session. Anytime you see the color red no matter where it is … even in a street light, you immediately feel this great sense of confidence that you have right now."

You can use any color that you like. If the subject has a favorite color use that one. If your client does not want to use a color you can also do the same thing with a specific sound, or smell. You can even use an item for the association such as a rock, a good luck charm, a necklace or amulet.

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TRUE / PSEUDO REGRESSION

There are two different forms of regression true and pseudo. It is important to understand the difference between the two and also when you should use either one. True regression is when your subject is experiencing regression first hand as if they are in it. They are experiencing events as if it were happening live. They can smell the smells and feel the emotions; they may even experience fear and anxiety.

Pseudo regression on the other hand is as if they were experiencing the situation in the third person. It would be as they were sitting in a movie theater watching themselves on a screen. As if they were an actor or one of the participants on the screen. In pseudo regression they would be describing what was going on in the third person and would not be feeling the actual emotions or pain.

It may be advantageous at times to bring someone into regression through pseudo regression so they do not experience the event emotionally all over again. However in many cases, depending on the certain therapy that you're performing you may need to bring them into true regression to solicit an emotional response such as in performing a bridge technique.

It is important to know that even if you are conducting a session with the subject in pseudo regression, many times they may slip into true regression on their own. You must be aware of how they are speaking during the regression, whether they are speaking in the first or third person. If you need to keep them in pseudo regression, you may have to stop them from time to time to bring them back. To do this you would remind them that they are sitting in a movie theater watching themselves on the screen, and that they will not become emotionally attached.

REGRESSION DETECTIVE TECHNIQUES

Remote Control

Many times while in regression you may have to find out certain things that have occurred that may require you to use detective type techniques to uncover them. A good example of this would be if you were hypnotizing someone to go back to an event where a hit and run accident occurred so as to find out the license number or a vehicle description that fled the scene. One technique that I've found very effective

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in doing this is the remote-control technique. This is done by having your subject imagine that they are holding a magical television remote control unit. With this unit you can have them stop the scene as they're watching it, or fast-forward, rewind, pause, zoom in, zoom out, and even slow the scene down frame by frame. Now as you are regressing the subject to the event that they're trying to remember you can do any function you need to with the remote control. If they are not able to see clearly the license plate, you can tell them to pause the scene and to zoom in. In many cases they can suddenly see the license plate that they couldn't see earlier. Or in a situation where they cannot remember seeing something, you may want to rewind the scene and then go forward frame by frame very slowly so they can see what they have missed. It is a very strong technique that can be adapted to suit many needs.

WORDING IN REGRESSION

It is important while conducting regression techniques to be careful of how you word your statements. In regression what you are seeking is the true events that the subject had experienced however there is always the possibility of confabulation to occur. Confabulation is an event or memory that is made up by the mind either due to the subject being led or steered in a certain direction by the Hypnotherapist or maybe by other memories that the subject may have stored in their mind. In most cases the subject will feel that these memories are true. But as the Hypnotherapist you must be conscious so as not to lead your subject to confabulate something that has not occurred. Therefore be very careful how you ask questions. Do not ask leading questions. However you should ask open ended questions. Questions that would leave the subject to choose their own answers and not ones that you would have them choose.

In most cases while the subject is in hypnosis and trying to recollect incidents that happened, it will seem to you like they are taking a very long time. When in fact the subject does not realize how long they are taking because they are so relaxed. It is important to give them the proper time needed to answer the questions. If you cut them off because you are impatient when you think that maybe they have given you the entire answer you may lose important information that they were just about ready to say. So helpful wording while you are asking a subject questions if you feel that you are not sure if they were finished would be to simply say things such as "go on …" or "and …"or "okay …" or "and then what …". Each one of those statements can aid your subject to continue without frustrating them to stop.

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While in regression if you ask a question and you see that your subject does not have the answer or does not know the answer it is important not to push them to give you an answer because this may also cause confabulation. It is best to ask the question a different way or to move on to another question rather than to frustrate them.

AUTOMATIC WRITING *(to be conducted by trained mental health professionals)*

There may be occasion in your practice where you would need the technique of automatic writing to help someone to remember events that may have happened during an extremely traumatic event that probably should not be directly open during a session. In an event such as this automatic writing can be a helpful tool for them to recover events without actually thinking of them. The technique works almost as if their arm had a mind of its own and could answer the questions without directly thinking of the answers. It's as if their arm writes the answers all by itself without them even realizing it. Although this is a very interesting and intriguing concept it is best only conducted by mental health professionals and should be done with extreme caution.

The technique is done in this manner. While the subject is in hypnosis in a deep relaxed state they are told that in a few moments you will put a pen in their hand and you'll place their arm on top of a notepad. They are to imagine that their arm is no longer connected to their body and is as if it were its own separate entity. It even acts as if it has a mind of its own. Any questions that they are asked by the Hypnotherapist pertaining to the specific events, the answers will be written down by their hand however their conscious mind will have no concept of what is being written. While they are doing this you will have something else going on for their conscious mind to be working on. For instance you may tell them at that certain time to open their eyes and to start reading from a book very quickly and out loud. While they are reading, you can begin asking the specific questions to them which their hand will begin to write the answers on the notepad. This is similar to an analytical induction where the conscious mind is doing one thing while the subconscious is doing something else through their hand. This way they can write extremely sensitive, traumatic information without it harming them consciously. An option to having them read out loud when you are asking your questions would be to have an assistant come in and begin interviewing the subject by asking totally unrelated questions to the event. The purpose is just for the assistant to keep the

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subject speaking to them as a way to keep them busy as the Hypnotherapist then begins to ask questions at the exact same time. Their conscious mind is occupied with the assistant during the interview while their subconscious mind is answering the questions of the Hypnotherapist.

With automatic writing you may not be able to uncover every bit of information required however as a result of past testing it has been shown that while a subject that is not in hypnosis they may usually remember approximately one third of a specific event. After placing that same subject in hypnosis utilizing regression techniques, two thirds of the same event can be remembered. Therefore done properly automatic writing should be effective in recovering more information in a safe manner. It is important to realize that due to the possibility of confabulation, responses given during any type of regression may not be totally factual, therefore use caution as to how you proceed with the recovered information.

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"Self-suggestion makes you master of yourself"

W. Clement Stone

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CHAPTER 17

SELF HYPNOSIS

There are many different ways to hypnotize yourself and you may have probably been doing some of them already.

In this chapter you will learn eight various ways you can use the power of suggestion to improve your own life.

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All hypnosis is self hypnosis.

It is important to use your "imagination" as much as possible whenever giving yourself suggestions. Self hypnosis is based on the use of your *thoughts and imagination*. The subconscious mind does not understand the difference between an imagined memory and a real memory.

Anytime you can include the developing of positive emotions within your scripts you will find that the success will be greatly increased.

1. Thought is the vehicle of change
2. Imagination is the fuel that moves it.
3. Emotion is the super-charge that will propel it there faster.

Realizing that hypnosis is based on suggestibility and imagination, there are many ways to hypnotize yourself and others. We are listing a few here however you may be able to think of many more.

NOTE: While the art of *closing your eyes alone blocks out 80% of Beta brainwave activity*, it is not required that you close your eyes to be hypnotized.

1. Creating Your Own Recorded Sessions to Listen to

Creating your home recorded sessions is a very simple process. You may choose to record your session on a recording device which you can purchase at most department stores. You can even record directly to your computer in many cases depending on your hardware, over a microphone.

The advantage of recording your session directly to your computer is that you will have the option of being able to then put your session on either a CD or in an MP3 format. With these two options you would be able to listen to your session as often as you like.

Here are two great legends you can use to record your own sessions. You will simply need to insert your own script depending on what topic you have in mind.

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Self Hypnosis Script l

By Rene A. Bastarache, CHI

Close your eyes … take a deep breath … and as you exhale, imagine the number 3 in front of you … See it as if it were projected on a screen, slightly above your eye level, approximately 5 to 6 feet away from your head … Take a second deep breath … and as you exhale imagine the number 2 on that screen … Even with your eyes closed try to feel the eyestrain from looking upward as if you are looking through your eyelids at that screen … Take a third deep breath … hold it for a few seconds … and as you exhale imagine the number 1 on that screen … allowing yourself to let go completely, and relax …

To relax even deeper, I'd like you to imagine the numbers 10, all the way down to 1 … on the screen, as you hear them spoken … taking your time … allowing yourself to relax twice as deep, with each number that you imagine … When you get to the number 1 … you will be in the *Alpha State* … which is a state where the subconscious mind is more open to suggestions …

Now we begin with …

10 … Allow yourself to relax completely …
9 ... Just letting go …
8 **...** Imagine the number as you relax twice as deep …
7 ... See it is clear as you can, just let go …
6 ... All the way down deep …
5 … Deeper and deeper, taking your time …
4 … Allowing all outside sounds to fade away completely …
3 … Just imagine the number and let yourself go …
2 … Deeper and deeper …
… and finally 1 ... Deep … deep … relaxation…

You are now in the *Alpha State* … a state of relaxation where you are more open to suggestions … In this relaxed state your mind can expand … and is much more receptive and sensitive than in any other state … So just allow yourself to continue to relax … and enjoy this comfortable feeling …

(Insert your suggestions here)

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In just a moment I will count to 5 … and that the count of 5 you will open your eyes feeling wonderful in every way … Your mind will be clear and alert and you'll feel so much better than before.

1 … You will remember and act upon all of the suggestions which were given you …

2 … Becoming aware of the situation around you …

3 … At the count of 5 you'll be fully awake, alert … and feeling better than before …

4 … Your eyes are beginning to open … and

5 ... Eyes wide open, fully alert and feeling better than before.

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Self Hypnosis Script II

By Rene A. Bastarache, CHI

Sit back comfortably … allowing yourself to breathe deeply and smoothly … you don't have to look at anything specifically, just look forward, in a lazy, dreamy sort of way … In just a moment I am going to count down from 10 down to 1, and with each descending number I would like you to slowly close and open your eyes … You can slowly close them when I count the number … and then open them between the numbers … in slow motion … with every number … Let's go ahead and begin now … 10 … Slowly close your eyes, and allow them to open again ... 9 … Close, and open ... 8 ... 7 ... 6 ... 5 ... 4 ... 3 ... 2 ... 1 ... Now just close your eyes … and you can keep them closed … The reason for doing this was simply to relax your eyelids … I'd like you to notice right now the feeling of relaxation … that you are noticing in your eyelids … That comfortable tired feeling … A pleasant heavy sensation … Whatever you are feeling in your eyelids … just allow that feeling to multiply, to magnify, and to grow **...** Allow your eyelids now to become totally and completely relaxed **...** You are totally in control of doing this … Nobody else can do this for you … You're the one who is doing it ... Take your time … and completely and pleasantly relax your eyelids now … Just let it happen … and as you relax your eyelids … allow that feeling of relaxation that is now in your eyes lids to flow outwards … in all directions … as waves or ripples on a pond … spreading out farther and farther …

Just allow it to relax your face completely … letting go of all the muscles … spreading out even more relaxing your entire head … feeling the rippling effect expanding even further down into your neck … and down into your shoulders … get rid of any tension that might be in your shoulder areas … as you just let go completely … down your arms … and into your hands … Feel that wonderful feeling of relaxation … Allow it to go down your entire body to your legs … your feet … All the way out to your toes … Completely relaxing your entire body … and letting go completely … As you slow down a little bit … Just allow yourself to slow down and become calm ... Continuing to let go … and slow down more and more as we continue … Remembering a time in your life when you felt completely safe and comfortable … In a moment I am going to count downward once again from 10 down to 1 … With each number that I say, allow yourself to slow down and relax even more … and at the number 1 you can allow yourself to be more relaxed than you ever thought possible … to be completely at ease and receptive … I will begin counting now … 10 … 9 … 8 … 7 ... 6 … 5 … 4 … 3 … 2 … 1 … You are now in a comfortable, safe, relaxed state … One in which you feel totally relaxed … fully

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aware of your surroundings … even though you may feel that your body is falling asleep … you are in complete control … more than at any other level of consciousness … You can give yourself positive suggestions ... that your mind can accept and act upon ... That are designed for your benefit …. To achieve the goals that you desire **...** See yourself relaxing completely and realize that this is exactly what you want to do … You have no place else to be right now … and nothing else to do … so allow yourself to be completely here … completely relaxed … Now is the time ... as you take a deep breath ….you can enter a deeper and healthier level of mind … One with perfect harmony … More in tune with every breath that you take **...** At this point your subconscious mind is more open and accessible than at any other time … and suggestions given at this level are extremely effective … Whether you're conscious mind hears me or not … it does not matter … You can simply allow your conscious mind to relax … and unwind … You can allow it to let go and think about anything you would like … Whether you are listening to the suggestions consciously, or not … it does not matter … because the subconscious mind … always hears … and always pays attention … Whether you are listening actively or not … your subconscious is present now … and can hear every word **...** You can take a deep breath now … and as you exhale and allow yourself to relax … you will notice that a drifting can occur ... It's natural that you're conscious mind pays less and less attention to my voice.

(Insert Script Here)

(Awakening)

In a moment I will count from 1 to 10 … At the count of 10 you can open your eyes … feeling alert … energized … and wonderful in every way … 1 … 2 … Coming all the way back, feeling positive … creative … 3 … 4 … Realizing your full potential for growth … 5 … 6 … Starting to emerge from hypnosis … 7 … 8 … Coming all the way back now … 9 … and finally … 10 … Wide awake and feeling fine.

2. Theater of your imagination

The Theatre of your imagination is a very effective self hypnosis technique. It is the basis of our Habit Replacement Program coming up in a later chapter. Imagine a movie screen directly in front of you. This is a large movie screen that you will be

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portraying yourself as the main actor. It is important to realize that when you use your imagination in creating the screen that this technique will work better if you imagine the movie screen as if it is outside your head a little ways away from you rather than inside your head.

Think of yourself as the movie producer and whatever you imagine will magically immediately take place on the screen. All the controls, props, actors and background effects are in your mind and are created immediately upon imagining them. As a producer the way that you will be creating your movie is to imagine yourself as having already attained the goal that you would like to achieve.

It is important to see yourself as already having accomplished your task. You must see yourself having attained your goal rather than in the process of it. If you would imagine yourself simply being interviewed for the job, then that is exactly what you will get, and interview for the job. Imagine yourself as already having gotten it.

3. Six-Step Self Hypnosis Process

With this form of self hypnosis you will create your own simple scripts which will include all of the following six criteria within it. Once you have created your script, you will once again sit in your comfortable place that you use for hypnosis, close your eyes and take three deep breaths. Once your eyes are closed and you are relaxed you will begin to recite your script over and over that you have just prepared. The script will have been prepared in such a manner that it will be easy for you to visualize or imagine it. As you begin reciting your script you may find that you begin to skip or forget some of the words. That will not be a problem as long as you are using your imagination, seeing yourself accomplishing the task that is on your script. You'll continue to replay the scene over and over in your mind for approximately three to five minutes after which time you will come out of hypnosis by counting to three and opening your eyes.

Preparing suggestions

The subconscious understands and reacts to pictures in the mind, therefore when you create suggestions, make them such as they can be pictured / visualized. Try to

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be as specific and vivid as possible, including as many senses as you can. Not all people are as visual as others. Although the majority of society are primarily visual, you will find many that their primary sense is feeling otherwise known as kinesthetic. So by including suggestions on both you will become more effective. Also include items that make your client participate with their sense of smell, taste and hearing if possible.

Here are a few steps that you should include in your self hypnosis suggestions or visualizations to get the most effectiveness.

Simple - Keep your suggestions as simple and to the point as possible so as to be remembered while in hypnosis. If you include to much information or too many subjects, you may have a hard time visualizing them all.

Believable - Here is where the "buying-in" principle comes into play. Before the subconscious will begin to act upon any suggestion you must have a belief or "faith" that it could happen. If it is so far fetched that you don't think there is any way you could attain it, you are wasting your time… An example would be if you are going to hypnotize yourself to run a marathon and presently you have a hard time running to your mailbox each morning … maybe you should give yourself suggestions to run a quarter mile first. Once you have attained that goal, then increase it to a half mile, then a mile and so on … If your goal is within sight, believable, then it is attainable. "The journey of a thousand miles begins one step at a time."

Measurable - Be as specific as possible. Are you going to walk 500 yards or 5 miles. Break your goal down to specific measurements such as miles, feet, ounces, hours, days, amounts, colors, etc. The more measurable and specific, the more attainable.

Positive - NEVER, use negative statements. Always use positive, upbeat, uplifting, promotional suggestions. The more positive and even overboard "icky sweet" the suggestions, the more readily the subconscious will be to act upon them.

Present Tense - I **<u>am</u>** doing it … See it in the *now!* If you use past tense, there will be no change, since it already happened. If you use future tense, the mind will wait … Remember three of the most successful words in the English language ... DO IT NOW!

Carry a Reward - Just as with a child … If you ask them to change or to do

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anything out of their comfort zone, you will get much more of a positive response by offering a reward. It does not have to necessarily be monetary *(however, it may not hurt ...)* but can also be health, happiness, energy, vacation, a special honor, an object such as clothing, new car, bicycle, briefcase, suit, shoes, etc.

The Process

In order to go into self hypnosis, you only need to be in the lightest state of hypnosis. If you were using the *Arons Depth scale*, which has six levels of hypnosis, all that is required is to be in either the first or second levels of hypnosis to accept suggestions for most items other than regression or surgery. This is also known as the *Alpha Brainwave State*.

You may use relaxing background music if you like. If you do it would be best to use music that does not have words or sudden unexpected bursts of loud sounds. Soothing is best. Keep it uplifting and positive sounding. While many seem to prefer music with waves or running water, keep in mind that this can often affect your client by making them feel like they have to go to the bathroom. Just something to think about.

Sit comfortably in a chair and get yourself prepared. Ensure that your arms and legs are not crossed and your feet are flat on the ground, unless you are using a recliner or ottoman. Be sure to turn off any cell phones or pagers, and to eliminate any distractions that may occur during your session.

The following script can be used as a quick session by a Hypnotherapist or as a method of self hypnosis. If using for self hypnosis you may either…

1. Read it with your suggestions onto a recording device and then listen to it, to go into hypnosis.

- Or -

2. Memorize the main content of the script and do it on your own. When it comes time for the script, simply use visualizations. Visualize yourself as actually having accomplished the goal or task that you are in need of. Seeing yourself as having accomplished it already will instruct the subconscious mind to *make it so*, since it is being programmed that it has already happened.

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4. Auto Suggestion Script

Auto suggestion is simply the art of giving yourself positive affirmations or suggestions. This can easily be done by creating a self affirmation or auto suggestion script and recording it on your choice of recording devices which we covered earlier so you can play it back to yourself.

Read the entire page below onto a tape recorder. Play it back while relaxing somewhere comfortable. Repeat the words to yourself quietly or out loud if you prefer. You can also do it by having someone recite the page to you while you repeat the words quietly to yourself. Visualize what the words are describing as much as you can.

Where you see the word SCRIPT below is where you would insert whatever script you desire.

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SELF SUGGESTION SCRIPT

I feel rested . . . I feel open . . . I feel relaxed . . . I am rested . . . I am open . . . I am relaxed . . . I feel calm . . . I feel secure . . . I am open minded . . . And as I open my mind to suggestions, all the muscles in my body begin to relax . . . every muscle beginning from the top of my head . . . relaxes . . . and let's go of it's hold . . . . . Moving doooown through my body . . . Just letting go completely . . . all the way down to the bottom of my feet . . . I feel rested . . . I feel open . . . I feel relaxed . . . And as I breathe in deeply . . . and exhale slowly . . . I let go of all the tension . . . and the anxiety . . . in my body . . . leaving me rested . . . and calm . . . I feel rested . . . I feel open . . . I feel relaxed . . . My mind is now totally open and accepting . . . of the suggestions I am about to give myself . . .

Insert SCRIPT Here

I feel rested . . . I feel open . . . I feel relaxed . . . I am rested . . . I am open . . . I am relaxed . . .

In a moment you will open your eyes feeling wonderful in every way . . .

One, feeling better than before . . .
Two, eyes beginning to open . . . and
Three, eyes wide open, feeling wonderful in every way.

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5. Reading is Hypnotic

Think back to when you were a child and your parents read fairytales to you or maybe even a time where you read fairytales or similar children's stories to your children. The reason you were able to imagine them that way is that you were open to suggestion which is also known as being in hypnosis.

As you remember these stories that were being read to you, vivid pictures came to mind of the characters and the situations that they found themselves in. What happened is while you were reading or hearing the stories your imagination brought the characters to life in the story.

Any time you read suggestions or affirmations to yourself or even to someone else and you are open to suggestion you are hypnotizing yourself. It will be even more effective if you allow your imagination to run free and create the story or suggestions in your mind. The more vivid and feeling you can make the experience, the more effective it will be to you.

6. Writing is Magical

There is something magical that happens when you write things down. The act of writing things down seemed to make them more ingrained in your subconscious mind. In fact many weight-loss programs on the market today will have you write down all of the foods that you eat on a daily basis as a means of helping you to eat the proper items. By writing things down you remember them more and you are more aware of what you are doing.

Even in marital or relationship counseling partners are asked to make a list of their favorite qualities about their partner. By making this list they get to learn more about what they like about their partner. It helps them to see the good features in their partner that they may have overlooked before their initial problems. It often times helps them to see what they initially saw in their partner that drew them towards each other.

Take the time to write a script for yourself. To make it even more effective, write it in a letter form as if you are writing yourself a letter of what you would like to see yourself accomplish. Be as detailed as possible in writing it in a way that you can use

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your imagination to visualize your goal effectively. If you like you can even address it to yourself and mail it.

7. Daydreaming

Daydreaming occurs in the Theta brainwave state. This is the state your mind is in just before you happen to fall asleep. It is something that you can see being used frequently by children sitting in class at school.

Daydreaming is an effective form of self hypnosis as well as a wonderful way to program your mind to attain your goals. Find the time to relax throughout your day where you would simply close your eyes and allow your mind to roam free. Allow yourself to think about obtaining your goal and just let your mind roam focusing on the same topic. You may even want to ask yourself questions pertaining to your goals and a let your mind shows you the end result of what you are seeking.

8. Subliminals

They can be listened to any time during the day no matter what you are doing. Subliminal are suggestions that are given to you that are often masked by music or other distractions. The concept is that if you are not listening to the suggestions consciously, you will not fight them. Since you are listening to other distractions such as music, noises or even voices, you are not hearing the suggestions directly however you are receiving them subconsciously.

One way that you can make your own subliminals is to record your entire session onto a computer mixing device where you can add several tracks to it. You can raise the background music to mask your voice so that the words could not be easily heard.

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"Quitting smoking is easy.
I've done it a thousand times."

Mark Twain

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CHAPTER 18

SMOKING CESSATION

In this chapter you will learn the most successful smoking cessation programs available today.

The key to quitting smoking immediately is the follow up or maintenance part of the program.

If someone has tried to quit unsuccessfully in the past they will greatly benefit by the smoking withdrawal program.

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SMOKING STATISTICS

The average success rate for a first attempt to cease the use of tobacco is 6% (Source: The American Cancer Society).

The use of nicotine treated transdermal patches provides an 18% success rate (source: The Journal of the American Medical Association's 1994 survey of 250,000 patch users).

Nicotine impregnated gum provided a 6% success rate of 10,000 users surveyed in a CNN poll (source: CNN News broadcast, 1997).

The success rate for prescribed pharmaceuticals such as Zyban is unknown. Pharmaceutical companies which produce anti-smoking drugs will not publish a success rate. Further, these drugs have serious side effects. *Zyban's literature states that its use (as directed) has proven to cause a mild seizure in 1 out of every 25,000 users.*

24% of America's adult population and 14% of America's teens use tobacco.

Use of tobacco causes numerous diseases, some of which are fatal. It is estimated by the U.S. government that use of tobacco is responsible for the deaths of over 55,000 people per year and afflicts millions of people with serious and life-threatening diseases.

HELPFUL HINTS

Smoking cessation is one of the most common uses of hypnosis and probably one of the most effective. There are many different programs offered in smoking cessation using hypnosis. The following script that is included in this manual is designed for someone who is going to quit smoking immediately in one session.

Smoking cessation with hypnosis has a higher success ratio than any of the physical means available on the market today, such as the gums, pills and patches. The reason for this is that you are dealing with the strong subconscious mind using hypnosis, where all the physical means you are just dealing with the conscious mind, which as we know is a much smaller percentage.

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Here are a few things that will help your client to remain a nonsmoker. You will want to discuss the following with them on the phone prior to the session or in person:

1. They have to get rid of any cigarettes or cigarette related paraphernalia that they might have before they come to your session. If they are already at your session then you should have them give you whatever they have on their person and to immediately remove anything left at home upon arriving there. If they can call home and have someone else remove it before they return that would be even better so they do not have to have the added negative triggers upon arriving home.

It is important that they do not give their leftover smoke related materials to friends or relatives. They must throw them out. By seeing these items *(fancy ashtrays etc.)* at someone else's house, it will send a very strong trigger *(craving)* to the subconscious mind. Even in the case of cigarette lighters or matches, if they used them at all for smoking, they must throw them out and can get new ones if they desire to do so for lighting candles or other things around the house. Sometimes your clients will complain that they had just bought two or three brand new cartons of cigarettes and they do not want to throw them out because of the cost, and they want to give them to friends. I respond to this by reminding them that they are here to stop smoking because they realize the dangers of smoking and how it is harming them. Then I asked them if they really want to hurt their friends or relatives by giving them something that they know is bad for them. Usually they will agree and throw even the new cartons away.

Another important thing is that if they throw them away, make sure it is not someplace where they can go and get them again if they have a craving. It is best to have someone else throw them away so they do not know where they are or to bring them to your office and give them to you so you can discard them. It is not beyond the average person to go digging in the trash can to get their cigarettes back if they are nearby.

2. The second thing they should do is every place in the house where they had an ashtray, for the next week, they are to replace it with a glass of water. When they return home, any time they walk by the area where the ashtray used to be, if there is a strong craving, they are to take eight deep breaths, take a sip of water, and just go about their business. By doing this they are replacing the negative habit of smoking with a positive habit of drinking water. You'll notice in the script that there are

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suggestions made for drinking water. The purpose of this is to be a replacement for smoking, since the mind prefers to replace habits rather than to eliminate them and also it is so the client does not gain weight as a result of quitting. Most people, once they quit smoking, whenever they have a craving, would usually replace it with food which is why they gain so much weight. By replacing it with water, they will not gain weight and in fact the water will help them to be healthier, and even helps with their complexion, which is a nice added benefit.

3. It is also important to have them clean out the ashtray in their vehicle if they used that for smoking. They should not just empty it but it should also be cleaned out well so the car does not have the smell of cigarettes in it.

One last thing that they should know is that if at any time they do have a craving, they should give it at least two minutes before acting on it as they take their deep breaths and some water then the craving will go away. The deep breathing is essential to do as it increases the oxygen throughout the bloodstream which will in turn relax and relieve them of the stress that they may be feeling at that time.

Smoking Cessation

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By Rene A. Bastarache, CHI

You have decided to quit smoking ... and the way that you are going to quit smoking today, is simply to relax ... that's right you're going to slow down, relax, and just let everything go ... and take this time ... that you've chosen for yourself ... to feel comfortable, relax, and totally at ease ... you have no place else to be right now ... and nothing else to do ... you have selected this time to be here ... so just let everything go ... leave all bothersome thoughts behind ... and take this time that you've chosen to be here ... to be completely relaxed ... the more you allow yourself to relax ... the closer you are to becoming a nonsmoker ...

You have come here today because you have a strong desire to stop smoking ... No one else has forced you to come here ... You have come here because you have decided that today is the day ... Today is the day that you have decided to be a nonsmoker once and for all ... no little piece of white paper wrapped around tobacco is going to control you any more ... because you are now in control ... and you have taken the first step ... here ... now ... and today ... To become a nonsmoker ... and by the end of this session ... in just a few moments ... your goal will be reached ... and you will leave this session a nonsmoker ... you will have stopped smoking ... once and for all ... that nasty habit of the past will be gone ... you'll begin your new life as a nonsmoker ... and you'll never smoke again ...

So as time passes by ... right now ... think of yourself in the following way ... I am a nonsmoker ... I have stopped smoking ... and I will never smoke again ... and as a nonsmoker I have the ability to be around other people who smoke ... I have the ability to enjoy life as a nonsmoker ... everything I do ... from this moment on ... is better as a nonsmoker ... it doesn't matter whether I'm at home ... at work ... alone or with others ... I am in control ... anywhere I go ... and no matter what I am doing ... whether I am having dinner ... relaxing ... driving ... working ... or having a break ... everything is so much more enjoyable ... so much better as a nonsmoker ...

You feel so much better ... As a nonsmoker ... so much healthier ... so much happier ... you'll find that each and every day you'll be able to breathe easier ... enjoy life more ...

Just feel that confidence begin to move through you ... allow a wonderful feeling of confidence to move through you right now ... at this very moment ... realizing that

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you are a nonsmoker ... feel the confidence that you now have ... you have overcome that negative habit ... you have reached your goal and become a nonsmoker ... here and now ... you can feel that confidence moving through you ... just filling you up ...

It is important to realize that to accomplish anything worthwhile in your life ... you must give it 100% effort ... and to remain a nonsmoker is no different ... you must give it 100% effort ... 100% to win ... by giving it 100% you have made a commitment to win ... you have made this commitment to yourself ... that you will always move forward ... and always give it 100% ... 100% to win ... You have stopped smoking ... you are a nonsmoker ... and you will never smoke again ... from this moment on ... your desire ... your commitment to your health ... is stronger than ever before ...

In addition to being a nonsmoker ... you are also beginning a new positive habit ... one that will help you in every part of your life ... you'll find that from this moment forward ... that water will taste better to you than ever before ... that wonderful crisp, refreshing water will quench your thirst like it never has ... that life giving water will help you in every step of the way to become healthier ... you have overcome a negative habit and are replacing it with this new positive habit, of drinking water ... that wonderful refreshing water ... in fact you might even be noticing right now ... that by just thinking about water ... your mouth is beginning to become dry and parched … This is your bodies natural reaction to thirst ... you have more of a desire than ever before to drink that wonderful crisp refreshing water...

You know, now that you have stopped smoking you'll find that you have more energy, energy that will be needed to be put to good use ... You'll find yourself being able to move easier ... feeling better about yourself ... There are many things you can do that will help you to be healthier ... maybe going for a short walk in the morning ... maybe parking your car a little further away at work or at the grocery store to get in a little more exercise ... you may even find yourself eating a little healthier ... all of these things ... are a natural by-product ... of becoming healthier as you have just done.

Congratulations, you are a nonsmoker now! ... You have stopped smoking ... and you will never smoke again...

SMOKING WITHDRAWAL PROGRAM

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The “Smoking Withdrawal Program” which has an even higher success ratio than any single smoking cessation session and helps the client to withdraw slowly from smoking without withdrawals or cravings as they become a nonsmoker in anywhere from four to six sessions.

We have included a questionnaire with questions that should be asked and discussed before the first session. These questions will give you much information that will help to fine tune the suggestions in your sessions.

SMOKING WITHDRAWAL PROGRAM

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Questionnaire

These are important questions to ask before hypnotizing your client about their smoking.

On a scale of 1 to 10, where is their commitment level to quit smoking… and why?
Circle one 1 2 3 4 5 6 7 8 9 10

How much a day do you smoke now? _____

How many years? _____

What brand? _____

Why did you start initially? _____

Why do you want to quit smoking? _____
_____

How have you tried to quit in the past? _____

What methods did you use? _____
_____

How many times? _____

Describe each time? _____
_____

How long did it work for? _____
_____

Why did you restart? _____

Have you ever been hypnotized before? _____

What happened? _____

SMOKING WITHDRAWAL PROGRAM

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What methods did you use? _____
_____

How many times? _____

Describe each time? _____
_____

How long did it work for? _____
_____

Why did you restart? _____

Have you ever been hypnotized before? _____

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SMOKING WITHDRAWAL PROGRAM

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How much a day do you smoke now? _____

How many years? _____

What brand? _____

Why did you start initially? _____

Why do you want to quit smoking? _____
_____

How have you tried to quit in the past? _____

What methods did you use? _____
_____

How many times? _____

Describe each time? _____
_____

How long did it work for? _____
_____

Why did you restart? _____

Have you ever been hypnotized before? _____

What happened? _____

SMOKING WITHDRAWAL PROGRAM

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Questionnaire

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On a scale of 1 to 10, where is their commitment level to quit smoking… and why?
Circle one 1 2 3 4 5 6 7 8 9 10

How much a day do you smoke now? _____

How many years? _____

What brand? _____

Why did you start initially? _____

Why do you want to quit smoking? _____
_____

How have you tried to quit in the past? _____

What methods did you use? _____
_____

How many times? _____

Describe each time? _____
_____

How long did it work for? _____
_____

Why did you restart? _____

Have you ever been hypnotized before? _____

What happened? _____
INSTRUCTIONS FOR WITHDRAWAL PROGRAM

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Length of program - five cigarettes per week with a new brand of cigarettes each day.
Cigarettes - put them away and out of sight each time, in an inconvenient location.
Do not carry cigarettes on you anymore.
Ashtray- clean it up and put it away each time - out of site.
No borrowing cigarettes.
No giving out cigarettes.
You must destroy all but your allotted number of cigarettes each morning.
Destroy all left over cigarettes each night.
No keeping leftover cigarettes overnight.
Don't smoke anywhere you did before/change habits when smoking.
(If you usually smoke in one chair, use another… If you smoked, then went for a walk … then take the walk first. Change as many habits as possible to bring the smoking to the conscious level)

You may want to include a group or individual maintenance program at a reduced rate.

Ultimately, this program requires compliance and determination by the client. It is an effective program that will work if the client gives their 100% effort also. Therefore there must be "as reporting" or reckoning each week as to their daily progress from the week before. They must NOT go over their allotted amount of cigarettes each day. If they do it just once, it sends a signal to the subconscious mind that it is okay to cheat and the program has lost it's power. Therefore the client must be told and aware that if they cheat, or go over their allotment, just one day, then the entire program must be started over from the beginning. The allotment process goes down so gradually that it is not a problem for "anyone" with even very little self control to be able to keep with it if they truly have a desire to quit. You, as the Hypnotherapist must not waiver on this if you want them to take it seriously.

This program consists of nine scripts.

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1. Initial Smoking Withdrawal Session (*This script is placed ahead of your first script used from the list blow in the initial session only dependent on how much they presently smoke.)*

2. Smoking Cessation - 35 a day (*If client currently smoke 40 a day, start with this script)*

3. Smoking Cessation - 30 a day *(If client currently smoke 35 a day, start with this script)*

4. Smoking Cessation - 25 a day *(If client currently smoke 30 a day, start with this script)*

5. Smoking Cessation - 20 a day *(If client currently smoke 25 a day, start with this script)*

6. Smoking Cessation - 15 a day *(If client currently smoke 20 a day, start with this script)*

7. Smoking Cessation - 10 a day *(If client currently smoke 15 a day, start with this script)*

8. Smoking Cessation - 5 a day *(If client currently smoke 10 a day, start with this script)*

9. Smoking Cessation GOAL DATE *(If client currently smoke 5 a day, start with this script)*

Session 2 - 8 are the same except for the math of how many cigarettes they are smoking weekly. If you have a client that smokes 3 to 4 packs a day simply compute the proper number of cigarettes and subtract 5 each week until you get to script #2 and move down from there to the end of the program. We have only placed 9 scripts here due to saving space but you can increase the numbers appropriate to your client.

Never deviate from the 5 per week decrease however even if your client asks you to decrease 6 - 8 per week to quicken the pace.

Smoking Withdrawal Program - Initial Session

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By Rene A. Bastarache, CHI

(NOTE: Determine how many weeks your program is gong to be and which of the sessions should be your first one according to how may cigarettes your client is presently smoking. Read this script before that week's script.)

You have decided to stop smoking…and the way you are going to stop smoking through this program is simply by relaxing, and following my simple instructions …that's right, all you have to do to finally be a nonsmoker once and for all, permanently is to just sit back, relax and follow my simple instructions…. by following this program, no matter how many times you have tried to quit smoking in the past you will finally be able to become a nonsmoker easily and permanently, without withdrawals, without cravings and without gaining weight as a substitution.

You have come to this decision, to become a nonsmoker for a very good reason, perhaps even for many reasons. There are so many good reasons why people decide to stop smoking. the most Important one, of course, is that of added health and life. You may have had a shortness of breath, a bad cough, loss of energy and vitality. so you have made a wise decision to stop smoking, one that will bring you added health and happiness to your life, not to mention the happiness of the people that care about you. It is an important, positive step forward in your life.

There are many different reasons why people start smoking. Years ago before we understood the health aspects of how harmful cigarette smoking is to your body, people smoked for popularity, coolness and relaxation. Those were three of the main reasons why people began smoking. However if you look at the reality of those reasons now, we realize that smoking does not make you popular or cool as it is not accepted in most public places, or social circles anymore. In fact if you are a smoker most locations you must go outside to smoke, by yourself, away from other people, and a designated smoking area, even in bad weather, and that is in no way to be considered cool I think you would agree. As for the people who smoke because they think it relaxes them… that could not be further from the truth … the part of smoking that people think relaxes them … has nothing to do with the cigarettes … but has to do with the deep breathing. From now on if you need to relax, instead of breathing in cigarette smoke and harming your body, try taking deep breaths of clean air. You will find that the deep breathing is what relaxes you. Breathing in clean-air you will begin your stress reduction for relaxation that you are looking for but you will not

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have the harmful aspects of cigarette smoke. Smoking does not relax you, but it does just the opposite. The cigarette smoke releases what they call flight or fright hormones which does the same thing to your body as watching a scary movie.. it also robs your red blood cells of oxygen for as much as six hours from just one cigarette. So as you can see, the reasons why most people started smoking does not exist anymore. What you are left with now is simply a bad habit that you have not been able to quit until this point.

Now you are able to quit that habit. Your powerful subconscious mind will help you in every step of the way to be a nonsmoker by your quitting date. Because this is what you want to do. No one has made this decision for you, you have made this decision for yourself. Because you know that the reward that you will receive will be added health, easier breathing, more energy, and ultimately a happier life.

What obstacles will you face on this journey? The only obstacles that stand in your way are the ones that you place there. There are no obstacles because you are giving this your 100% effort. Not 80% or 60%! But by giving at 100%, you are making a commitment to win!

You have it within you right now, everything that you need to be a nonsmoker. I am not putting anything new, or anything foreign in to you, all I am doing is giving you suggestions to help you to do what you already know that you want to do. Giving you the confidence and the realization that you can once again be in control of what you put into your body. No longer will you allow anything negative to control you, especially a little white piece of paper wrapped around tobacco. You are now in control. If you think back far enough, you will see that there were many years before you started this negative habit that you lived as a nonsmoker. So there is your proof that you can do it, because you have. The sessions will help you to restore yourself to years earlier, a healthier way of thinking. You are in control, and will soon be able to take control… permanently… once and for all …
As I said earlier all that you need to do to finally be a nonsmoker once and for all, permanently, is to follow my simple instructions…now this is one of the most important messages I want you to understand…if you follow my instructions….that I am giving here today…exactly as I'd give them to you…without trying to change them…or skip any of them…you "WILL" be a nonsmoker by your or quitting date! Now let me repeat that to you one more time because it is a very powerful statement… If you follow my instructions…that I am giving you here today…exactly as I give them to you…without trying to change them…vary from

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them…or skip any of them…you “WILL” be a nonsmoker by your quitting date!

Smoking Withdrawal Program - 35 cigarettes a day

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By Rene A. Bastarache, CHI

(For someone who presently smokes 40 a day - 8 sessions)

Now here is the procedure of how you will stop smoking … starting tomorrow morning, and each morning until we meet again next week, you'll buy two brand-new packs of cigarettes, a brand that you have never had before… you will open one pack and take out 5 cigarettes, which will leave you 35 in the remaining packs. You will then take those 5 cigarettes, and destroy them. Crush them up and get rid of them. You do not want them. Do not save them or give them away…you must destroy them.

This will leave you with your allotment of 35 cigarettes for the day…

You will then think to yourself, I find 35 cigarettes more than enough for me today. Then you will mentally plan out your day keeping more cigarettes for the times that you tend to smoke more.

Then you will simply go about your day…when you find that you want to have a cigarette…you will first take a sip of water…and eight deep breaths… after you have done that, if you still want to have the cigarette, just go ahead and smoke it, you may find that you do not want the entire cigarettes, you may only smoke a few puffs, you may only smoke half of the cigarette… once you find that you have had enough simply put your cigarette out and continue about your business.

You must no longer carry your cigarettes on you. You must put them in an inconvenient location at all times, such as in any bureau draw, the closet, upstairs on a bookshelf, in your glove box or even the trunk of your car, just out of site. In addition to this you must keep your ashtray out of site also. After each time you use your ashtray you must clean up and put it away.

At the end of the day you have another procedure to do. Any leftover cigarettes that may be in your packs that you did not smoke during the day, you must take them out and destroy them, then get rid of them and also the empty packs. Do not keep them for the following morning or through the night. Destroy them and get rid of them.

Throughout your day you will not borrow from others or give out any of your

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cigarettes. You have a certain allotment of cigarettes each day and any leftover must be destroyed each evening.

You will be craving water more and more each day, that wonderful, crisp, clear, refreshing water will taste great to you and will be the only thing that will really quench your thirst. Water will be very helpful to you in every step of the way in your goals and your added health.

(Add additional personalized suggestions or visualizations here.)

You will find 35 cigarettes more than enough for you each day. In fact you will find it easy to smoke less than 35 cigarettes. You will be surprised at how well you will do with this task and look forward with anticipation to your future goal of being a non smoker, once and for all, on your quitting date.

Smoking Withdrawal Program - 30 cigarettes a day

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By Rene A. Bastarache, CHI

(For someone who presently smokes 35 a day - 7 sessions)

Starting tomorrow morning, and each morning until we meet again next week, you'll buy two brand-new packs of cigarettes, that you have never had before… you will open one pack and take out 10 cigarettes, which will leave you 30 in the remaining packs. You will then take those 10 cigarettes, and destroy them. Crush them up and get rid of them. You do not want them. Do not carry them over to the next day. Do not save them or give them away…you must destroy them.

This will leave you with your allotment of 30 cigarettes for the day…

You will then think to yourself, I find 30 cigarettes more than enough for me today. Then you will mentally plan out your day keeping more cigarettes for the times that you tend to smoke more.

Then you will simply go about your day…when you find that you want to have a cigarette…you will first take a sip of water…and eight deep breaths… after you have done that, if you still want to have the cigarette, just go ahead and smoke it, you may find that you do not want the entire cigarette, you may only smoke a few puffs, you may only smoke half of the cigarette… once you find that you have had enough simply put your cigarette out and continue about your business.

You must no longer carry your cigarettes on you. You must put them in an inconvenient location at all times, such as in any bureau draw, the closet, upstairs on a bookshelf, in your glove box or even the trunk of your car, just out of site. In addition to this you must keep your ashtray out of site also. After each time you use your ashtray you must clean up and put it away.

At the end of the day you have another procedure to do. Any leftover cigarettes that may be in your packs that you did not smoke during the day, you must take them out and destroy them, then get rid of them and also the empty packs. Do not keep them for the following morning or through the night. Destroy them and get rid of them.

Throughout your day you will not borrow from others or give out any of your

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cigarettes. You have a certain allotment of cigarettes each day and any leftover must be destroyed each evening.

You will be craving water more and more each day, that wonderful, crisp, clear, refreshing water will taste great to you and will be the only thing that will really quench your thirst. Water will be very helpful to you in every step of the way in your goals and your added health.

(Add additional personalized suggestions or visualizations here.)

You will find 30 cigarettes more than enough for you each day. In fact you will find it easy to smoke less than 30 cigarettes. You will be surprised at how well you will do with this task and look forward with anticipation to your future goal of being a non smoker, once and for all, on your quitting date.

Smoking Withdrawal Program - 25 cigarettes a day

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By Rene A. Bastarache, CHI

(For someone who presently smokes 30 a day - 6 sessions)

Starting tomorrow morning, and each morning until we meet again next week, you'll buy two brand-new packs of cigarettes, that you have never had before… you will open one pack and take out 15 cigarettes, which will leave you 25 in the packs. You will then take those 15 cigarettes, and destroy them. Crush them up and get rid of them. You do not want them. Do not carry them over to the next day. Do not save them or give them away…you must destroy them.

This will leave you with your allotment of 25 cigarettes for the day…

You will then think to yourself, I find 25 cigarettes more than enough for me today. Then you will mentally plan out your day keeping more cigarettes for the times that you tend to smoke more.

Then you will simply go about your day…when you find that you want to have a cigarette…you will first take a sip of water…and eight deep breaths… after you have done that, if you still want to have the cigarette, just go ahead and smoke it, you may find that you do not want the entire cigarette, you may only smoke a few puffs, you may only smoke half of the cigarette… once you find that you have had enough simply put your cigarette out and continue about your business.

You must no longer carry your cigarettes on you. You must put them in an inconvenient location at all times, such as in any bureau draw, the closet, upstairs on a bookshelf, in your glove box or even the trunk of your car, just out of site. In addition to this you must keep your ashtray out of site also. After each time you use your ashtray you must clean up and put it away.

At the end of the day you have another procedure to do. Any leftover cigarettes that may be in your packs that you did not smoke during the day, you must take them out and destroy them, then get rid of them and also the empty packs. Do not keep them for the following morning or through the night. Destroy them and get rid of them.

Throughout your day you will not borrow from others or give out any of your

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cigarettes. You have a certain allotment of cigarettes each day and any leftover must be destroyed each evening.

You will be craving water more and more each day, that wonderful, crisp, clear, refreshing water will taste great to you and will be the only thing that will really quench your thirst. Water will be very helpful to you in every step of the way in your goals and your added health.

(Add additional personalized suggestions or visualizations here.)

You will find 25 cigarettes more than enough for you each day. In fact you will find it easy to smoke less than 25 cigarettes. You will be surprised at how well you will do with this task and look forward with anticipation to your future goal of being a non smoker, once and for all, on your quitting date.

Smoking Withdrawal Program - 20 cigarettes a day

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By Rene A. Bastarache, CHI

(For someone who presently smokes 25 a day - 5 sessions)

Starting tomorrow morning, and each morning until we meet again next week, you'll buy a brand-new packet of cigarettes, that you have never had before…

This will give you an allotment of 20 cigarettes for the day…

You will then think to yourself, I find 20 cigarettes more than enough for me today. Then you will mentally plan out your day keeping more cigarettes for the times that you tend to smoke more.

Then you will simply go about your day…when you find that you want to have a cigarette…you will first take a sip of water…and eight deep breaths… after you have done that, if you still want to have the cigarette, just go ahead and smoke it, you may find that you do not want the entire cigarette, you may only smoke a few puffs, you may only smoke half of the cigarette… once you find that you have had enough simply put your cigarette out and continue about your business.

You must no longer carry your cigarettes on you. You must put them in an inconvenient location at all times, such as in any bureau draw, the closet, upstairs on a bookshelf, in your glove box or even the trunk of your car, just out of site. In addition to this you must keep your ashtray out of site also. After each time you use your ashtray you must clean up and put it away.

At the end of the day you have another procedure to do. Any leftover cigarettes that may be in your pack that you did not smoke during the day, you must take them out and destroy them, then get rid of them and also the empty pack. Do not keep them for the following morning or through the night. Destroy them and get rid of them.

Throughout your day you will not borrow from others or give out any of your cigarettes. You have a certain allotment of cigarettes each day and any leftover must be destroyed each evening.

You will be craving water more and more each day, that wonderful, crisp, clear,

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refreshing water will taste great to you and will be the only thing that will really quench your thirst. Water will be very helpful to you in every step of the way in your goals and your added health.

(Add additional personalized suggestions or visualizations here.)

You will find 20 cigarettes more than enough for you each day. In fact you will find it easy to smoke less than 20 cigarettes. You will be surprised at how well you will do with this task and look forward with anticipation to your future goal of being a non smoker, once and for all, on your quitting date.

Smoking Withdrawal Program - 15 cigarettes a day

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By Rene A. Bastarache, CHI

(For someone who presently smokes 20 a day - 4 sessions)

Starting tomorrow morning, and each morning until we meet again next week, you'll buy a brand-new pack of cigarettes, that you have never had before… you will open the pack and take out 5 cigarettes, which will leave you 15 in the pack. You will then take those 5 cigarettes, and destroy them. Crush them up and get rid of them. You do not want them. Do not carry them over to the next day. Do not save them or give them away…you must destroy them.

This will leave you with your allotment of 15 cigarettes for the day…

You will then think to yourself, I find 15 cigarettes more than enough for me today. Then you will mentally plan out your day keeping more cigarettes for the times that you tend to smoke more.

Then you will simply go about your day…when you find that you want to have a cigarette…you will first take a sip of water…and eight deep breaths… after you have done that, if you still want to have the cigarette, just go ahead and smoke it, you may find that you do not want the entire cigarette, you may only smoke a few puffs, you may only smoke half of the cigarette… once you find that you have had enough simply put your cigarette out and continue about your business.

You must no longer carry your cigarettes on you. You must put them in an inconvenient location at all times, such as in any bureau draw, the closet, upstairs on a bookshelf, in your glove box or even the trunk of your car, just out of site. In addition to this you must keep your ashtray out of site also. After each time you use your ashtray you must clean up and put it away.

At the end of the day you have another procedure to do. Any leftover cigarettes that may be in your pack that you did not smoke during the day, you must take them out and destroy them, then get rid of them and also the empty pack. Do not keep them for the following morning or through the night. Destroy them and get rid of them.

Throughout your day you will not borrow from others or give out any of your

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cigarettes. You have a certain allotment of cigarettes each day and any leftover must be destroyed each evening.

You will be craving water more and more each day, that wonderful, crisp, clear, refreshing water will taste great to you and will be the only thing that will really quench your thirst. Water will be very helpful to you in every step of the way in your goals and your added health.

(Add additional personalized suggestions or visualizations here.)

You will find 15 cigarettes more than enough for you each day. In fact you will find it easy to smoke less than 15 cigarettes. You will be surprised at how well you will do with this task and look forward with anticipation to your future goal of being a non smoker, once and for all, on your quitting date.

Smoking Withdrawal Program - 10 cigarettes a day

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By Rene A. Bastarache, CHI

(For someone who presently smokes 15 a day - 3 sessions)

Starting tomorrow morning, and each morning until we meet again next week, you'll buy a brand-new pack of cigarettes, that you have never had before… you will open the pack and take out 10 cigarettes, which will leave you 10 in the pack. You will then take those 10 cigarettes, and destroy them. Crush them up and get rid of them. You do not want them. Do not carry them over to the next day. Do not save them or give them away…you must destroy them.

This will leave you with your allotment of 10 cigarettes for the day…

You will then think to yourself, I find 10 cigarettes more than enough for me today. Then you will mentally plan out your day keeping more cigarettes for the times that you tend to smoke more.

Then you will simply go about your day…when you find that you want to have a cigarette…you will first take a sip of water…and eight deep breaths… after you have done that, if you still want to have the cigarette, just go ahead and smoke it, you may find that you do not want the entire cigarette, you may only smoke a few puffs, you may only smoke half of the cigarette… once you find that you have had enough simply put your cigarette out and continue about your business.

You must no longer carry your cigarettes on you. You must put them in an inconvenient location at all times, such as in any bureau draw, the closet, upstairs on a bookshelf, in your glove box or even the trunk of your car, just out of site. In addition to this you must keep your ashtray out of site also. After each time you use your ashtray you must clean up and put it away.

At the end of the day you have another procedure to do. Any leftover cigarettes that may be in your pack that you did not smoke during the day, you must take them out and destroy them, then get rid of them and also the empty pack. Do not keep them for the following morning or through the night. Destroy them and get rid of them. You don't want them!

Throughout your day you will not borrow from others or give out any of your

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cigarettes. You have a certain allotment of cigarettes each day and any leftover must be destroyed each evening.

You will be craving water more and more each day, that wonderful, crisp, clear, refreshing water will taste great to you and will be the only thing that will really quench your thirst. Water will be very helpful to you in every step of the way in your goals and your added health.

(Add additional personalized suggestions or visualizations here.)

You will find 10 cigarettes more than enough for you each day. In fact you will find it easy to smoke less than 10 cigarettes. You will be surprised at how well you will do with this task and look forward with anticipation to your future goal of being a non smoker, once and for all, on your quitting date.

Smoking Withdrawal Program - 5 cigarettes a day

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By Rene A. Bastarache, CHI

(For someone who presently smokes 10 a day - 2 sessions)

Starting tomorrow morning, and each morning until we meet again next week, you'll buy a brand-new pack of cigarettes, that you have never had before… you will open the pack and take out 15 cigarettes, which will leave you 5 in the pack. You will then take those 15 cigarettes, and destroy them. Crush them up and get rid of them. You do not want them. Do not carry them over to the next day. Do not save them or give them away…you must destroy them.

This will leave you with your allotment of 5 cigarettes for the day…

You will then think to yourself, I find 5 cigarettes more than enough for me today. Then you will mentally plan out your day keeping more cigarettes for the times that you tend to smoke more.

Then you will simply go about your day…when you find that you want to have a cigarette…you will first take a sip of water…and eight deep breaths… after you have done that, if you still want to have the cigarette, just go ahead and smoke it, you may find that you do not want the entire cigarette, you may only smoke a few puffs, you may only smoke half of the cigarette… once you find that you have had enough simply put your cigarette out and continue about your business.

You must no longer carry your cigarettes on you. You must put them in an inconvenient location at all times, such as in any bureau draw, the closet, upstairs on a bookshelf, in your glove box or even the trunk of your car, just out of site. In addition to this you must keep your ashtray out of site also. After each time you use your ashtray you must clean up and put it away.

At the end of the day you have another procedure to do. Any leftover cigarettes that may be in your pack that you did not smoke during the day, you must take them out and destroy them, then get rid of them and also the empty pack. Do not keep them for the following morning or through the night. Destroy them and get rid of them.

Throughout your day you will not borrow from others or give out any of your

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cigarettes. You have a certain allotment of cigarettes each day and any leftover must be destroyed each evening.

You will be craving water more and more each day, that wonderful, crisp, clear, refreshing water will taste great to you and will be the only thing that will really quench your thirst. Water will be very helpful to you in every step of the way in your goals and your added health.

(Add visualization for quitting day approaching next week here) + confidence!

You will find 5 cigarettes more than enough for you each day. In fact you will find 5 cigarettes to be "more" than enough for you … You may not even want to smoke them all … You may even not want to smoke any of them. You will be surprised at how well you will do with this task and look forward with anticipation to your future goal of being a non smoker, once and for all, on your quitting date next week.

Smoking Withdrawal Program - Quitting day

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By Rene A. Bastarache, CHI

(For someone who presently smokes 5 a day - 1 session)

You have made the decision to stop smoking and the way you are going to stop smoking today, right now, is to simply relax. That's right to sit back and relax and with each breath that you take allow yourself to go deeper and deeper … Today is your quitting date! … Today is the day that you have decided to become a nonsmoker once and for all. To join the ranks of the nonsmokers … Today is the day that you have chosen health…You have made a wise decision…and today you will be rewarded for it by becoming a nonsmoker…You know many other people who are nonsmokers…who enjoy life being smoke-free and today you are joining them…

So take the time right now to mentally congratulate yourself for finally having attained your goal…Take a few moments to think about the positive rewards that you will attain from being a nonsmoker…Visualize yourself right now standing in front of you as if you were watching yourself on a movie screen, being that successful person ... Being a non smoker! … See yourself doing the things you use to do before but now doing them as a non smoker…

I'm coming over to your *(right or left)* side now … *(Tap them on the shoulder as you say the following through this entire paragraph…)* … and as I tap you on the shoulder I want you to feel the confidence move through you that you have finally attained this goal….you are a nonsmoker…you have stopped smoking…and you will never smoke again… Give yourself a few moments now to congratulate yourself and to feel good about your accomplishment…feel that confidence moved through you…growing stronger and stronger….through every part of your body…and as you feel it moving through you I want you to nod your head…yes! Feel that confidence growing, showing you that you have made the right decision by becoming a nonsmoker. You'll find that when you are around people who smoke that you will feel this confidence that you are a nonsmoker. So whether it be early in the morning, afternoon, or evening …. at home, at work, out with your friends or even driving … "everything" you do will be better without those cigarettes from the past. You have finally done it … You have attained your goal to become a nonsmoker … You have quit the habit … and begun a new healthy lifestyle.
In order to remain a nonsmoker you must still give it 100%. In order to change anything in your life and to keep it that way, you must give it 100%. 100% to win!

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you will find water to be your ally especially through this initial transition period over the next few days. Any time that you walk by an area that you may have smoked before, if you begin to think about it, simply stop, take a sip of water, and 8 deep breaths as you have been doing, and you will be fine ... You have replaced a bad habit with a good habit of drinking water. That wonderful, clear, clean, refreshing water taste great to you. In addition, it will even help to clean out your system quicker, it will help you to lose weight, and even help you with your complexion. So as you can see water is very helpful, be sure to have it nearby, anytime you want it.

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"My advice to you is get married:
if you find a good wife you'll be happy;
if not, you'll become a philosopher."

Socrates

CHAPTER 19

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MISCELLANY

The miscellany chapter is made up of many various topics that did not fit into any other classification.

Here are may helpful topics within this section that will aid you in your new career.

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MISCELLANY

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POST HYPNOTIC SUGGESTIONS

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A posthypnotic suggestion is a suggestion given during the hypnosis session to be acted upon at a later time. Without the use of post hypnotic suggestions in a hypnosis session the session would not be much more useful than a short rest.

Types of posthypnotic suggestions

1. The first one is a response projected and continued into the waking stage, such as "You cannot remember the number seven, and even when you open your eyes after the session is over you will not remember the number seven."

2. The second is a response brought on by a prearranged signal or stimuli in the waking state. Such as "When you get a phone call later on this evening and you hear the word aardvark, you will immediately forget the number seven."

SLEEP HYPNOSIS

This is a technique of hypnosis that can be used for younger children up to the age of approximately 9 or 10 years old. When hypnotizing younger children in your office many times it is difficult due to the child being very energetic and not being able to sit still long enough. This child would be a perfect candidate for sleep hypnosis. Also younger children that you would not consider bringing into a formal hypnosis session (as long as they are old enough to understand you) would be good candidates for sleep hypnosis. This is best done by the parents due to the trust factor. In my personal practice I have taught many parents how to do this to their own children. Before beginning the sleep hypnosis session it is important that you already know what you are going to hypnotize the child for and you have prepared a simple suggestion in advance. To create a simple suggestion go to Chapter X on self hypnosis and follow the ***six step criteria for creating self-hypnosis suggestions***.

Here's how it's done

It is best to wait until evening until the child is asleep. Quietly go into the child's room and sit comfortably beside them. Now it is important that you must speak to them while they are in a stage between being asleep and awake. You will do this by using your index finger and begin to tap the child lightly on one of the child's fingers while saying their name … such as "Johnny, if you can hear me move this finger … if

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you can hear me move this finger." *(Continue saying this until you see their finger move)* It is important to say this softly and calm enough so as to not startle them and wake them out of sleep. You just want to pull them out enough so that they hear you and move their finger. Once they have done that you are set up to begin reciting your suggestions. Remember to always be positive in your suggestions, to keep it simple, quick and to the point. Give plenty of positive reinforcement throughout the entire process. The entire process should take less than two to three minutes. You may want to repeat the process several nights if necessary.

What type of topics can this procedure be used for?

It can be used effectively for:

Bedwetting

Nail biting

Study habits

Calming down at home or school

Doing their homework

Being more helpful around the home

Being more assertive or positive minded at school

As you can see there are many applications that are limited only to your imagination and to what they may need.

IMPORTANT FACT

It is important to realize that the hypnotist must exude confidence at all times. A hypnotist never fails! He must always be working towards increasing the expectancy of the client. The subject may fail if he doesn't have enough confidence or if he does not put in enough effort.

As you practice more and more you'll eventually begin to develop techniques and

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rhythm to your work. Be sure to pay attention to details and never take short cuts. Stick to the basics. Create a positive environment and always appear to be successful.

CLASSIFICATION OF SUBJECTS

Anyone with reasonable intelligence can be hypnotized. (*note the word* ***reasonable***) If you can follow basic simple instructions you can be hypnotized.

Exceptions:

A. Children under the age of five or six - *(Must be old enough to follow simple instructions)*

B. Severe mental disabilities

In both of the above cases they lack concentration and in many cases cannot understand the basic words.

Common fallacies that must be dispelled

Due to the manner that Hollywood perceives hypnosis and portrays it on television and to the many comedy hypnosis shows that are performed worldwide, people throughout the years have gotten many misconceptions about hypnosis. It is important as a Hypnotherapist for you to eliminate these.
(See the list of common misconceptions in chapter IX)

1. **A strong willed hypnotist and the weak willed subject.**

This is untrue, it does not matter whether the hypnotist or the subject has a strong will or a weak will. At no time does the hypnotist control the subject. The subject is always in control, it is as if the subject is driving the car and the hypnotist is merely the steering wheel. The hypnotist gives the instructions, and it is up to the subject to follow them or not, as well as to the degree that they follow them.

Before you begin classifying subjects, it is important to know that there are no "good or bad" subjects … everyone can be hypnotized just as easily, it's just that they are hypnotized "differently". The sooner you understand that one subject is no harder

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or more difficult than another, the easier your job will become. Many Hypnotherapists assume for one reason or another that analytical subjects are more difficult than non- analytical and by doing this creates the anticipation that they are going to have a difficult time bringing them into hypnosis. This is so far from the truth. Analytical are just as easy to hypnotize as non-analytical subjects. In most cases they are even hypnotized in less time. They are just as susceptible to hypnosis however just approached differently. Do not fall into this trap yourself.

OCCUPATIONAL SUCCEPTIBILITY

Although it is important to actually test each subject individually to find out whether they are analytical or non-analytical, there are certain types of people that fall into certain classifications as a majority.

Most non-analytical people are known to follow instructions easily, such as:

Students from first grade all the way to and including college age.

Military personnel - (use to following orders)

Mill workers - (any monotonous environment is favorable)

Extremely religious people - Cultists - Orthodox

Analytical people are usually people who do not easily or readily follow instructions blindly. They are much more individual and critical thinkers, they tend to overanalyze and examine most things. They are just as important to society as the non-analytical thinkers. You will usually find them to be:

Leaders of industry - (the major decision makers)

Higher ranking decision making military leaders

Doctors - Lawyers

Accountants

DANGERS OF HYPNOSIS

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Unfortunately there are many unscrupulous people out there and there is always the possibility that …

Some dishonest person (male or female) will attempt to sue you stating that some kind of sexual offense had taken place for blackmail purposes …

- OR -

"Rape fantasy" - a common transference phenomenon, where the disturbed client accuses and believes that a sexual attack or experience actually took place …

These are problems that are occasionally encountered by doctors, dentists, psychologist and psychiatrists. It is important to realize that they may occur. To diffuse or lessen the possibility of this happening it is a good idea to keep a tape recorder or camcorder handy. You can always tell your client that you are taping the session. Tell them that you need to record their session just in case you need to refer to it should a future session be needed. Just having these items in your office will discourage these type occurrences. If possible it is always a good idea to have an assistant or a secretary within ear shot of your session. In the event that you feel very strongly that there may be a problem, you can just tell your client that you cannot hypnotize them and refer them to another hypnotist. It is always better to be safe than sorry.

Hysterical subjects

Signs to look for

Their head moves in a slow rhythmic circular motion while in hypnosis or they suddenly burst out into uncontrollable crying or laughter. If this happens during a session it must be dealt with immediately since it could turn into a full-fledged seizure.

How to deal with it

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Immediately discontinue your session and using words such as sleep or hypnosis. Use calming and relaxing words; once they have calmed down simply ask them what they are experiencing. If it is something that is not a problem such as they were imagining music and moving their head to it, you may continue the session. However if it is something negative or something that you feel uncomfortable with, calmly awaken them and discontinue the session.

On occasion your clients may display symptoms of anxiety or even hyperventilate. In either case, calm them down and relax them. If the problem persists, take them out of hypnosis and discontinue your session.

OFFICE ENVIRONMENT

1. **Subdued lighting** - Avoid having direct sunlight, or strong lamps facing towards the area of where the client will be sitting as it tends to distract them from relaxing.

2. **Temperature** - It is important to keep the room where your subject will be hypnotized comfortably. Keep in mind that when they are totally relaxed they will tend to be colder than they were when they started. Be sure the room is warm enough. Also avoid drafts from fans directly in the subject's face.

3. **Personal appearance** - Be professional, dress nicely, avoid strong smells in your office such as food, excessive perfumes or colognes, tobacco, or anything else that may distract or disturb your subject.

4. **Music** - There is no requirement to have music however in many cases it will help to break up or diffuse background sounds. Remember that relaxation and quiet is not a prerequisite to hypnosis. In fact, in most cases certain distractions or outside sounds can be favorable. If you do use music it is preferable to use relaxing music with no words.

5. **Posture** - Be sure that your subject is sitting comfortably with their neck supported. It is also important that they are not crossing their arms or their legs as crossing body parts tends to lead to negativity. If they are sitting in a straight chair, have them sit with their feet flat on the ground and arms on their lap. In an overstuffed chair or recliner they can put their arms on their lap or on the arms of the

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chair.

6. **Know your material** - Be sure that you have reviewed and are comfortable with the scripts you are using before the session. Make sure you can pronounce all of the words. If you cannot you may want to substitute the words for similar words that you can pronounce. Most new Hypnotherapist tend to read quickly due to their own nervousness … be sure to **slow down** and take a deep breath whenever possible. If you are relaxed during the session, chances are, they will be also.

7. **Comfort** - If your subject is uncomfortable, cold, has clammy skin or physically exhausted, attempt to correct the problem before your session.

8. **Intoxication** - If subject is intoxicated, reschedule your appointment.

9. **Emotions** - Many times your subject will come to their appointment directly from work or other engagements, or something may have happened on their way to your office that leaves them extremely angry or irritable. These are unfavorable emotions and should be addressed.

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GROUP PRESENTATION FORMAT

This is the format you would use in a group session. This same format can be followed for group smoking cessation, weight loss, past life regression, sales ability, productivity, relaxation, and even public speaking engagements.

Registration table - Have a table set out in the room for reception and also to place your CDs or any other materials that you may be selling. On the table have a signup sheet and someone there to collect your client's money as they come in. On the signup sheet as a minimum you should have them write their name, phone number, mailing address, and e-mail address so that you can use it at a later time for marketing purposes.

Welcome - Welcome everyone and get them sitting down as quickly as possible. Be sure to start on time as it shows courtesy and respect for your clients. If your event is not sponsored by you it would be best if you can have a representative from the sponsoring organization introduce you. A third party intro and endorsement is always preferable. If so, make sure how they introduce you is correct and professional. A bad introduction can be worse than not having one at all. If you are able to… prepare your own introduction before hand and give it to the announcer already typed on a card for them. They will appreciate it; you will come out looking like the hero to them as well as on stage.

Grab them A.S.A.P. - Just as in sales, in any group presentation you must grab the attention of your crowd as soon as possible. Within the first few minutes of your presentation your audience/clients will have made up their mind if they like you, or if you are credible or not. The sooner in your presentation you can do that the better. You can do this by starting with a witty story, a simple joke or a quick demonstration. Once you get them on your side, just go through your presentation and they will be eating out of your hands …

Finger Gun - Opener

Here is something I learnt many years ago from a fellow Hypnotherapist/ entertainer named Jerry Valley that you can use at the beginning of your presentation that has always worked very well for me.

Everything you say once as you begin this process should be said quickly. You

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should make the hand motions at the same precise time that you state the command. (The timing is imperative for this to work successfully!) The idea is to get your audience following your instructions very quickly, not giving them enough time to react properly. They will eventually be doing what you are doing and not what you are saying anymore as they are having a hard time keeping up with you.

Usually within the first five minutes of my presentation I will say something like "Let me give you a demonstration of what hypnosis is like.
What I'd like you all to do right now is to sit up straight in your chairs and try to follow my instructions, do exactly as I say as quickly as you can without thinking … *(Now speed up your pace!)* Raise your right hand up in the air and wiggle your fingers, make a circle, make a gun, make another circle, look at your circle, look at my circle, put the circle on your chin! *(At the instant that you say put the circle on your chin, place your circle directly on your cheek instead. You'll find that almost all of your audience will also placed their hands on their cheeks rather than on their chin as you said … At that point you simply would smile and reply…)* Folks your chin is down here!" *(Pointing at your chin.)*

This always brings the house down with everyone laughing. You can then go on to explain how they were all in a state of hypnosis in those few moments because you gave them the suggestion to place their hand on their cheek, even though you said chin.

Following is the presentation once again with pictures so you can see the hand movements with the words.

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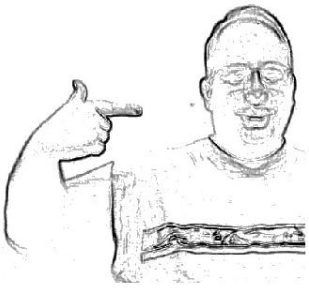
WIGGLE YOUR FINGERS,

MAKE A CIRCLE,



MAKE A GUN,

MAKE ANOTHER CIRCLE,

LOOK AT YOUR CIRCLE,

LOOK AT MY CIRCLE,

PUT THE CIRCLE ON YOUR CHIN.

FOLKS YOUR CHIN IS RIGHT HERE...

With this short demonstration you will have pulled your audience over to your side. Within the first few minutes of your presentation you are able to amaze them and make them laugh. From this point onward they will be paying attention to your presentation.

Presentation

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Introduction - Give your credentials and describe why they are there.

Finger Gun - A great ice breaker

Orientation - Give a brief description on group hypnosis and how it works.

You may want to conduct a couple suggestibility tests with the group as a way to show what can be done, to amaze them and build expectancy. My favorites are to conduct the
Finger test *(see suggestibility tests)* … first, then the …
Arms rising and falling test *(see suggestibility tests)* … I keep my eye on the audience to see who reacts the best. I choose the most suggestible person I see and invite them to come forward to the front of the room and then conduct a …
postural sway test *(see suggestibility tests)* … on them. By the time I have done this, they are ready for the session. Expectancy is very high!

Session - Begin the session -

Explain to them that the best way to sit is with their feet flat on the floor with their hands resting on their lap.

Start the music … close their eyes … and from this point you just have to read the scripts until it is time to open them at the end. Viola! That simple…

Here is what I would use to begin with … Once you get comfortable, you may substitute and create your own.

Progressive Relaxation

Elevator deepener

Weight loss - or - **Smoking cessation** - or - whatever session you desire.

Awakening

Closing remarks - Congratulate them, thank them for attending, and be sure to mention your items for sale at the reception table.

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In the case of public speaking engagements for clubs or other organizations where a session is not required and you just want to give them a taste or a tease, after the progressive relaxation do the awakening and then end the session. They will all find it relaxing and you will get lots of residual appointments. Remember, less is better!

FAMOUS USERS OF HYPNOSIS

Alfred, Lord Tennyson (1809-92) repeated names to himself like a hypnotic mantra in order to access different states of consciousness in which whole poems came to him.

Mozart (1756-91) apparently composed the famous opera Cosi Fan Tutte while hypnotized.

Rachmaninov (1873-1943) reputedly composed one of his concertos following a posthypnotic suggestion.

Goethe (1749-1832) writer and scientist.

Chopin (1810-1849) pianist and composer took classes in hypnosis at the University of Strasbourg.

Thomas Edison (1847-1931) inventor

Nikola Tesla (1856-1943) inventor

Henry Ford (1863-1947) car manufacturer

Albert Einstein (1879-1955) physicist

Aldous Huxley (1894-1963) novelist all used trance-like states to develop their ideas.

Sir Winston Churchill (1874-1965) politician counted backwards in 3s in order to stay awake all night and avoid tiredness during W.W.II.

Carl Jung and Sigmund Freud developed modern psychiatry as a result of learning

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about (and practicing) hypnosis.

Louis XVI of France appointed a committee to investigate the healing powers of 'Mesmerism'. The committee included Benjamin Franklin (1706-1790) US statesman, philosopher and physicist, Antoine Lavoisier (1743-1794) father of modern chemistry and Dr. Joseph Guillotin (1738-1814) inventor and doctor.

Jackie Kennedy-Onassis used hypnotherapy to 'relive and let go of' some tragic events in her life.

Mark Knopfler of Dire Straits reportedly beat his smoking habit through hypnosis.

Kevin Costner flew his personal hypnotist to Hawaii to cure his seasickness during the filming of Water world.

Andy Bryant, hair care consultant, hit the headlines when he underwent a vasectomy under hypnosis without anesthetic and, immediately after the operation, went back to work.

And now YOU!

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"We are what we repeatedly do.
Excellence, then, is not an act,
but a habit."

Aristotle

CHAPTER 20

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THE NEXT GENERATION IN HYPNOSIS

Now you have learned the basics in clinical hypnotherapy and have an understanding of what has been available in the field thus far.

This next chapter will show you an advancements in hypnosis that is truly The Next Generation.

In addition to it having over triple the success rate over conventional hypnosis it has multiple benefits for your client that will make it your new method of choice.

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21 Day Habit Replacement Program

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Now you can Change, eliminate or create virtually ANY habit easily and permanently. You create the self-image you desire

Based on the research, concepts and principles of Maxwell Maltz, MD, Rene Bastarache, CHI, Wallace Wattles, Napoleon Hill, John Kappas and UCLA studies.

It can be used for one or several disorders at once - Throughout the program the therapist will use the word "dis-order". Whenever you hear the word disorder mentioned, you would simply substitute it with the name of the specific disorder which you would like to be treated for. Since the word disorder can cover so many different topics, many times as a result of treatment for one issue, a client is actually treated for several issues simultaneously. This is just one of the fringe benefits of the program.

It works on anyone who is committed - Commitment is the key issue. You must be willing to commit to listening to the sessions in person, from the telephone or a recording device each and every day for it to be successful. In order for the new memories created to become a permanent habit, it requires an entire 21 days, without missing one day. (see explanation below)

It can be reused over for new issues - The program is completely self-contained within the four sessions. After 21 days, once the desired habit has been attained, the program can be used over again starting with sessions #1 by the same person or an entirely different topic. This is a great advantage to using the word dis-order rather than naming a specific topic.

It works on any subject, analytical or non analytical - The main focus of the program is the guided imagery. While hypnosis aids in the potency of guided imagery, it is actually not required. Therefore whether someone goes into hypnosis or merely just listens to the sessions, the same purpose and success is met as long as they use their “imagination”.

It Also Features:

Forgiveness therapy - In order to move ahead is very important close doors behind you. this program will guide you through the giving those who have transgress against you as well as help you give yourself for things that you may be hanging on to.

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Guilt release exercises - These techniques will help you to eliminate the guilt that you may have felt from past situations as well as guide you through a process of forgiveness for those who may have crossed you in the past and also of yourself for things that you may have done to others. These exercises will help you to release the past and move forward.

Regression & NLP (neural linguistic programming) - Regression is used along with NLP for the purpose of recoding positive occurrences from your past to the goals you are attempting to attain. This makes the process of attaining the goal very enjoyable for the subject.

Powerful suggestions for many interrelated topics - To include confidence, mind expansion, positive thinking, awareness, belonging, attracting wealth, opportunity and success, dealing with challenges effectively and much more.

Guided imagery - With guided imagery you are led through creating your new positive memories to replace the old ones.

With this 4 session program you can eliminate, change or improve virtually and habit or disorder imaginable." There is an additional 5th follow-up session that you can listen to any time on a daily basis. This is a 15 minute streamline version of the initial session that should be listened to each day between the main weekly sessions.

The concept it: It's NATURAL and ORDERLY to be happy and healthy. It is UN-NATURAL and DIS-ORDERLY to be anything other than that. You can eliminate, enhance or improve virtually any HABIT if you . . .

1. Can follow simple instructions - All this program requires from you is an open mind and the ability to follow simple instructions. You will be guided through the process, the steps, to change your dis-order and to build a new permanent habit to replace the old one. Whether you can visualize, or go into hypnosis or not makes no difference. As long as you are able to listen, follow instructions, and have an open mind, you will succeed.

2. Have a desire and willingness to "change" - This is the KEY factor to success. Many people say that they want to change but are unwilling to put forth any effort. They are looking for the magic spell or potion that will "make them" change.

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Unfortunately, there is no such thing . . . Even hypnosis will not make you do something against your will. Hypnosis is the strongest helpmate you will ever have to "help" you to change but ultimately YOU must put forth the effort. Even the word "change" itself means *to do something different*, use an alternate means which often includes getting out of your comfort zone. If not, it would be called *same*! So if you are willing to do something different, to give it a valiant effort even if it means to step out of your comfort zone a bit, to do something other than the same that you have been doing, then it will be successful . . .

3. Are willing to "take action", and to DO IT NOW! - The first part of that statement is the easy part. We are all willing to change ... In fact, just by your client wanting to be better shows their willingness to change. But . . . The second half of that statement is where many of us fall short of the mark. Willingness alone is not enough! Just reading this page and researching the subject will not change anything. It may give you a bit more knowledge but that is it. Everything is still status quo, the same. In order to change they must get up, go to their phone and make the call! They must actively take the first step to make an appointment to begin the changing process!

Smoking and uncontrollable over-eating are addictions. Most people have been doing them for many years. They are a "learned behavior" that eventually became a "habit".

In fact "all behavior", when repeated for over 21 days become a habit.

Here are the actual statistics

Sleep studies conducted at UCLA had determined that 17% of the public can experience success after only one positive suggestion, desire or even hypnosis session. They are the ones with a very strong will power. They are the ones that make positive change on their own and it even seems easy to them. Also they are the ones who will probably not attend a session in a hypnosis office because they were able to attain success on their own.

That leaves the other 83%. These require a full 21 days to change a bad habit or to develop new ones. They are the ones that have tried, and tried and are seeking outside help. Welcome!

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John Kappas PhD, a psychologist in southern California while working with the department of psychology at U.C.L.A., discovered that 83% of the hypnotizable population will “dream out” or “dump” the hypnotic programming installed by a hypnotherapist within 3 to 7 days rendering it ineffective. Since most people don't remember their dreams, they are unaware of dreaming out the hypnotic programming they received.

This is why many people that are hypnotized to stop smoking start smoking again within 3 to 7 days. Or when hypnotized to lose weight do great for a few days and then go back to their old habits. What happened is they dreamed out the hypnotic programming to stop smoking or eat healthier and returned to their previous behavior.

Where did the whole 21 day concept start?

Dr. Maxwell Maltz, MD, a plastic surgeon with New York City Hospitals conducted extensive studies of why brain circuits take "engrams" (memory traces), and produce neuroconnections and neuropathways only if they are bombarded for 21 days in a row.

This means that our brain does not accept "new" data for a change of habit unless it is repeated each day for 21 days *(without missing a day).*

It is a simple concept but the trick is in keeping with it for the 21 days. The old habit does not leave you, it is simply replaced by the new habit. Old habits are not so easily replaced. The new habit will need to be reinforced and nurtured to have any chance of survival and that is exactly what our program does.

Why is it so difficult to change on your own?

Self-Image

All of your abilities, actions, feelings and behaviors will always be consistent with your self image. You will always act like the kind of person that you perceive yourself to be. You "cannot" no matter how hard you try, out-perform, or act not in accordance with your self-image. You may be able to do it for a short while, ultimately you will snap back to the person that you perceive yourself to be just as if you stretched a rubber band, and let go of it. It always snaps back to its original shape.

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This explains what we call the Yo-Yo syndrome, why so many times you may try to stop smoking, but ultimately you go back to it again, because you see yourself as a smoker. The same with overeating, if you have an image of yourself as one overeats, you'll ultimately snap back to who you perceive yourself to be.

This works the same with any behavior. If your self-image is self sabotaging, or one who just does not seem to succeed, even if given a large sum of money, you will ultimately find some way to lose it.

How to change your self-image

First you must understand how your self image became what it is now. Your self image has been developed through your past experiences. All your memories from birth to the present time develop you into the person who you are right now. Children who were constantly abused, ridiculed, and insulted, in most cases grew up to have a very low self-image, while others who were constantly praised, encouraged, and spoken to positively usually grew up to have a successful and extremely positive self-image

We repeat that same process for your benefit. So if your past memories made you who you are today, then creating new positive memories will elevate your self-image.

The subconscious mind "cannot" differentiate between an imagined memory or a real memory.

Therefore through hypnosis, positive memories are created within your imagination having to do with the goal that you would like to attain. By creating and visualizing these same memories, every day, without missing a day, for a 21 day period, new memories are created as well as positive habits.

In addition to creating these positive memories to raise your self-image and create new positive habits.

Blueprint of Birth

As we stated earlier in this manual when you were born into this world, you will born in a healthy, happy, orderly state. Throughout your life this blueprint of health

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stays with you. Should any kind of sickness or disorder occur, your subconscious mind has it was in itself the knowledge and ability to return you to this blueprint of health. What is called for is desire, commitment and action.

Anything not in alignment with this healthy, happy and orderly state would be considered a dis-order. Anything that brings upon sickness, sadness, stress or discomfort is a disorder. If it is not of an *orderly* state then it is *dis-order.*

How many topics can be addressed with this program?

Throughout the program the therapist uses the word "dis-order" rather than any specific symptom or topic. Whenever you hear the word dis-order mentioned, you would simply substituted it with the name of the specific dis-order which you would like to be treated for. Since the word dis-order can cover so many different topics, many times as a result of treatment for one issue, a client is actually treated for several issues simultaneously. This is just one of the fringe benefits of the program.

Your client knows what is wrong with them and has more information at their disposal than any outside therapist would ever have on them. The subconscious mind knows how to heal itself. Given the opportunity such as in this program it will do a much better job that we would do merely reading a script to them. The client is told to use their own imagination to imagine the new habit that will replace the old one.

How does it work with smoking cessation?

This is the most successful program available today. The reason that people have such a difficult time to quit smoking is that they are looking for the "quick fix" as we mentioned above. Let's face it, most people who would like to quit smoking have been smoking for *anywhere from 20 to 50 years*. The habit has become ingrained into who they are. In most cases it has even become a part of the persons self-image. In other words, people who have been smoking for that long, when they look at themselves, *identify themselves as being "smokers".* Since this is a developed habit over so many years, and has become entrenched so deeply, it will take a sincere commitment to change.

A new habit must be created of being a nonsmoker. In order to create this new habit, you must commit to the entire 21 days. This way rather than your client having just one session then walking out your office feeling successful, only to find that they

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start smoking again in three to five days … they will be having daily reinforcement by listening to the follow-up sessions on their own before that can ever happen. But, we cannot stress this point enough, "In order for the program to be successful, they cannot miss even one day in the 21 day process!"

When they arrive at their appointment, be sure they bring any cigarettes that they have left over and smoking paraphernalia. They will actually quit smoking on the very first session, but will use the other 20 days to make it a permanent habit.

After all, what is 21 days in comparison to a 20 to 50 year habit. Whether they decide to quit or not, the 21 days will go bye, and they will have spent the same amount of money if not more on the cost of purchasing their cigarettes. The question they need to ask themselves sincerely is: "How would I like to see myself in 21 days from now?" As a smoker or a nonsmoker? The choice is theirs. . .

How about for Weight Loss?

Are you tired of the Yo-Yo system of losing weight and gaining it back again over and over? The reason for this as we mentioned earlier is due to your self-image. No matter how hard you try to rise above it, by trying all the different fad diets, by counting calories, eating low or no carbs, purchasing special meals or programs, and even exercising in a gym every day, you will still ultimately snap right back to who perceive yourself to be. . . and that is a person who overeats! It has nothing to do with a lack of willpower or dedication. It is simply your self-image. In order to change on the outside you must first change on the inside.

With this program you can do that in as little as 21 days. During that process you will be raising your self-esteem and creating daily imagined memories of yourself as being a healthy, fit person. There are also many other issues that will be addressed throughout the process such as forgiveness and guilt release that will help you to move forward in a positive healthy manner so that once you lose the weight your newly developed self-esteem will keep you that way.

Once again all that is called for is your commitment and the dedication to keep with the program each and every day for an entire 21 days.

Success Rates

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Here's the exciting part. Since the majority of hypnotherapist today treat their clients with only one session or several sessions, a week apart, their success rates are extremely low since the 83% of society mentioned earlier dump out the positive suggestions given to them in 3-5 days. The other 17% would not even attend a session since they could do it on their own. Knowing these statistics we mention that our program has triple the success of traditional hypnotherapy. In fact, you can see how that is a very liberal statement when it is actually much higher since traditional hypnosis fades out completely unless reinforced daily.

Ready to get started? Here is the program…

Instructions

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These scripts to be used for your clients. This is a copywriter program and not to be sold or reproduced in print, CD, tape or any other means. It is to be used for your personal use and for your clients. CD's can be purchased as a graduate at discounted prices for re-sale or you can create your own versions in your own words.

Script # 1 - Initial Dis-Order Session
(You would listen to this session on day 1 only)

Includes: Introduction CD, Breathing exercise Deep relaxation, Instruction of hypnosis, Program set-up, Oak tree visualization, Blueprint of health, Disorder & dysfunction, Theatre of the mind.

Script # 2 - 21 Day Set-up
(You would listen to this session on day 7)

Includes: 21 days set-up, NLP - recoding, Create a room, Breathing exercise 2, Self esteem suggestions, Theatre of the mind Visualization.

Script # 3 - Forgiveness / Guilt Release
(You would listen to this session on day 14)

Includes: Guilt release, Breathing exercise 3, Self esteem suggestions, Forgiveness script, Guilt release exercise, Theater of the mind Visualization.

Script # 4 - Confirmation & Congratulations Session
(You would listen to this session on day 21)

Includes: Thought Stopping, Theater of the mind Visualization.

Script # 5 - Follow-up Session
(Listen to each day between the main weekly sessions. Days 2 through 6, 8 through 13, and 15 through 20)

Includes: A 15 minute streamline version of *session* #1. It is important to listen to this same session on all of the assigned days without variation so as to engrain it into the subconscious mind as a habit.
Other key points.

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Session #1 will talk you through a segment towards the end of the session called the Theater of the Mind. In this segment you will imagine yourself as an actor on a movie screen in front of you. It is important to see yourself as already having attained the goal you are working towards. You will be doing this same visualization in every session. It is also important that you keep the SAME picture on your screen each and every time. If you need to alter it, do it within the first few days and then keep it the same from that point forward in order to attain it. Repetition creates habit.

This program is designed in a way that it does not matter if you go deeply into hypnosis or not at all. It is the use of your imagination, repetition and desire that create success.

Oftentimes clients get so relaxed that they do not remember hearing most of the session. Two reasons for that... 1st. is that your conscious mind drifted away and 2nd. is that you went beyond level 3 of the Arons depth scale. Beyond level 3 your mind usually will not remember consciously what occurred even though you realized it while it was going on. Don't worry though. Whether the conscious mind hears the suggestions or not, the subconscious hears everything, all the time and never misses a trick.

#1 - Initial Dis-Order Session

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The Mighty Oak Tree

(Day 1 Session)

By Rene A. Bastarache, CHI

NOTE: *One of the greatest benefits of this program is that it will work just as successfully whether you go into a deep hypnosis, a light hypnosis or if you don't even go into hypnosis at all. The main purpose of the sessions is the visualization as a means to create new memories because the subconscious mind cannot differentiate between an imagine memory or an actual memory. Therefore whether you go into hypnosis to visualize the scenes or simply listen to the instructions to imagine or think about the scenes, the same purpose is being accomplished.*

Prep for Session

Before you begin listening to this session be sure that you give yourself enough uninterrupted time to sit and listen to it quietly for at least ¾ of an hour.

This session is designed to be listened to while relaxing.

Do not listen to it while driving a motor vehicle or doing anything else that may be dangerous.

Now turn off any beepers or phones, including cell phones.

Put any pets outside of the room that you are being hypnotized in, as they may jump on your lap and disturb you during your session.

Now sit in a comfortable, out of the way seat, supporting your neck and back preferably.

Be sure that there is nothing else in the area that may disturb you during your session.

Session Begins here:

(Body Scan)

Close your eyes, take a deep breath … and exhale … take a second deep breath … and exhale … and on your third deep breath hold it for about three seconds, and exhale and relax …

Just allow yourself to relax completely … You have no place else to be right now,

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nothing else to do, so just allow yourself to be here completely, totally relaxed …

You have decided that now is the time to begin a positive new change, a new habit of health and happiness … and the way that you are going to do that today is simply by allowing yourself to let go and just relax … it‘s that simple. You will be completely safe and only good things will happen to you here today…

I would like you to use your imagination right now … as you focus your attention on your scalp and your forehead, get rid of any tension that might be in that area … just let go completely ... and feel that relaxation moving down into your eyebrows and your eyelids … allowing your eyelids to become very heavy, so very heavy as if they were glued shut … and allow that heaviness, that relaxation to go even further down through your cheeks and your nose … and all the way down to your mouth and chin, just let go completely, make sure your teeth are not clenched together, and just relax. Then your neck relaxes, starting with the front part of your neck and the back part of the neck, allow any tension and discomfort to leave completely, allowing you to be totally relaxed … And feel that relaxation going down into your shoulders, and down into your arms … relaxing your upper arms, all the way down to your elbows, your forearms, your wrists, your hands, and even your fingers just relax and let go … and notice how much deeper your breathing has become, so much more than just a few moments ago when we began, feel your breathing, notice the contraction and expansion of your chest and lungs, as you allow yourself to relax more and more with each breath that you take … Take a moment to notice your breathing right now …

(Breathing exercise 1 - For groups and for analytical individuals)

In a moment I’d like you to count each one of your breaths, quietly to yourself, as it occurs … Notice when one breath ends and the next one begins … You will mentally count to yourself “1” at the very moment that the new breath begins ... If you pay attention closely you will notice that there is a very slight distinction between the ending of one breath and the beginning of the next one. You don’t need to breathe slowly or deeply, just count each breath as you breathe normally, comfortably. Then count the next breath at the precise moment it begins with “2”, and then the next one … You will continue counting each breath to yourself until you reach the count of 12 ... Once you reach 12 breaths you will begin the whole process over again starting with “1” … You will do this for 3 complete cycles … If you lose your place or count over 12 breaths, simply start over at 1 again ... Go ahead and begin now, concentrating on your task even as I am speaking to you … and you will

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find that as you are focusing on your breathing … and counting each breath … that you will still hear me speaking in the background, even though you continue concentrating on your job, and it's OK if you don't pay attention to what I am saying … because your subconscious mind always hears and always pays attention … and as you continue counting your breaths … with each breath that you take and each breath that you count, you find yourself relaxing more and more, with each breath that you count you find that your entire body is just letting go … With each breath that you count you are becoming more and more relaxed … more and more open to the positive suggestions you are receiving … The more that you count and concentrate on your breathing … the more you realize that you are allowing yourself to change ... Right now … That you have the right to be happy and healthy … With each breath that you take the more open you are to attaining your goal …

(Non analytical individuals continue here)

As you allow yourself to relax all the way down to your stomach, getting rid of any tension that might be in that area, just let go completely … and your back muscles relax starting with those larger muscles in the upper part of your back … just allowing them to let go and feel good … to be free of any discomfort … And feel that relaxation going down your spinal column, all the way down to your lower back … just let go completely … and your hips are relaxing … and especially your legs starting with your thighs, relax your knees, feel that comfortable relaxation going all the way down to your calves, your ankles and your feet … and even your toes are relaxing completely as you begin to drift into a deep relaxed state … a wonderful state of relaxation …

(Instructions of hypnosis for groups and if needed) This is also helpful to read to a client if they are doubting they are in hypnosis or how it works still.

If you have already finished counting your breaths, just allow yourself to relax … and allow your mind to be calm … If you have not finished counting your breaths, you may stop now and allow yourself to be at peace … to enjoy this time that you have chosen for yourself to be completely relaxed but able to hear me at the same time.

(Alpha)

You are now in what is known as the Alpha State … The alpha state is simply a light stage of relaxation where you are more focused on the present. In this state your

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mind is more open to suggestions than at other time. That is all that hypnosis is … You are totally relaxed but still able to hear me at the same time … You are in control.

(You are OK whatever you are doing)

You may be hearing every word I am saying … or you may be fading in and out, thinking about home or work or what you would like to do tomorrow … You may be only hearing bits and pieces of what I am saying or maybe even nothing at all … It doesn't really matter whether you hear me or not. Your subconscious mind always hears and always pays attention.

(Visualize or think about it)

It's is like a state of daydreaming … just let your imagination roam free … There is no right or wrong way … Everyone is different … If you are not visualizing what I am saying, then simply think about it, and the same purpose is being served.

(Works for everyone - Following instruction - 100% commitment!)

These hypnotic instructions that you are receiving are sound and precise … It is how "you" receive the instructions that matters. It is how well you decide to follow and accept them. If you follow the instructions you are about to receive with an open mind, a sincere desire, and give it your 100% commitment, you will succeed at your goal! That sentence is very important, so let me repeat it again. If you follow the instructions you are about to receive with an open mind, a sincere desire, and give it your **100% commitment,** you will succeed at your goal!

(INSERT DEPTH TEST HERE IF INDIVIDUAL SESSION)

Just realize how relaxed your body has become, however you do have the ability to relax even further and you will relax more and more throughout the session.

(Oak tree visualization)

I'd like you to continue to use your imagination right now. Visualize or imagine for a moment that you are outdoors, in a forest, near a small, crisp flowing stream ... it's a beautiful summers day, and everything is just the way you like it … It's as if it is a scene right out of a fairy tale … and you are sitting or lying comfortably on the

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dry, leaf covered ground … You can feel the warmth of the sun as it shines down upon you … As you relax, you begin to become aware of everything around you … aware of even the smallest details … You begin to imagine that you are a mighty oak tree, tall and strong … growing deep into the earth, securely grounded … connected to everything …

(Do not think critically or analyze)

Soon your journey will begin and as it does I'd like you to allow your imagination to run free, and to look forward to your journey unfolding, with anticipation, as if you were experiencing it through the eyes of a child. If you can allow yourself to do this, without thinking critically of what I am saying, or trying to analyze it, you will be able to experience this wonderful journey as if you are actually there. So just continue to relax, to be open-minded, and to accept everything that you experience, as you enjoy the journey.

In a moment I will count from 1 - 10 and as I do your mind will begin to expand more and more with each number that I say … You will find that your creativity will increase and your mind will be open to so many new thoughts and ideas … a whole new realm of knowledge … and as I begin to count you will find yourself becoming more alert, energized and confident throughout your journey.

(Belonging)

1. Allow yourself to feel that you are this mighty Oak tree. Very tall, healthy and stable, totally grounded … You feel a sense of security and strength growing from within you, filling you up with self-assurance, that you are a force of nature. You feel an overwhelming sense of belonging, and that you are worthwhile, and you have a strength that is part of something so much bigger than yourself …

2. You can actually feel your roots growing deep, deep down into the earth. As they absorb moisture and nutrients, you feel your roots becoming one with the soil, the rocks, the earth … and as they do, this sense of belonging that you feel coming from deep within you becomes
stronger and stronger with every breath that you take.
3. The earth's life force is flowing through your veins now … and you are a part of this force … You can feel your inner strength growing as it flows from deep down in the earth, flowing up through your roots, up through your veins, all the way up

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through your trunk … even above the ground.

(Happiness & joy)

4. Stretching up through to your branches high above, as the sunlight and the wind currents stream through your branches … Hear the wind currents, and feel the warmth of the sun as it descends upon you … Your leaves are releasing oxygen into the air … Take a deep breath and enjoy that crisp, clean oxygen … Feel it as it fills your lungs, leaving you healthy and strong, and as you release it back into the world you can feel yourself becoming charged with happiness and joy … feeling so wonderful to be part of everything around you.

(You are part of something bigger)

5. You realize that you are an important part of your surroundings, as you attract birds, animals, and all types of living creatures. They rely on you to supply oxygen, shade, and even shelter within your branches up above the ground ... and as you release this life giving oxygen, you can feel energy being released within you … As it is released within you ... you can feel it spread outwards as it affect every living creature around you in a positive manner … Understanding this gives you great satisfaction in yourself and your abilities.

6. You realize your importance as you feel your branches stretch up … up ... up into the sky, the very sky that supplies you with what you need to survive … with water, sunlight, and warmth as it nurtures you and every living creature on this earth … stretching further and further outward … continuing to expand with every breath that you take …

(Deal with life's challenges clearly)

7. As your influence stretches out into the solar system … with the many other planets … expanding outwards … further and further … as you feel your influence expanding out further and further you realize that your mind is also expanding more and more, enabling you to understand and see things clearly, enabling you to handle each and every new situation in your life as it arises, in a clear and positive manner. You see events in your life as challenges, and you look forward to dealing with, and learning from, these challenges.

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8. All the way up even beyond the solar system, out into the universe … continually expanding up and up, further and further … seeing everything connected … able to see the big picture … Soon you will be able to travel on by yourself, to expand your mind into understanding so much more than you have ever imagined, to be able to explore new levels of reality and understanding …

(Karmic connection)

9. As you feel your influence stretching all the way out into the universe you realize that there is no limit to your abilities. That every action has a reaction that travels far beyond our comprehension. Just as when a pebble is tossed into a calm body of water. The result of that pebble touching the water, causes a ripple effect, that continues to expand and expand further and further outwards, until it encompasses the entire body of water ...

(Putting everything into perspective)

10. Now as you feel your influence expanding out into the distant reaches of the universe … you can look back to where it all started … looking back down at the earth … and you can see it … and it resembles a tiny, colorful ball … alive, beautiful, full of energy and mystery. You realize that you are a part of this universe, and this universe is also a part of you, alive and constantly expanding … Now you are ready to begin … Now you are able to continue on with your journey … to continue on your own even as I speak, and your mind expands more and more as you allow it to …

Allow your mind to expand more and more … and as you do, you find that you are able to use your mind more effectively, you are able to think "outside the box".

Limitations are a thing of the past, and you are open to all that life has to offer. Open and receptive to the positive opportunities that come your way.

(Confidence, clear thinking, success)

You realize how very small and insignificant your daily challenges really are in the scheme of things. How simple it is to bring your challenges into perspective … to attain your own goals. You realize how simple it is … because it is natural … It is the order of things …

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From this moment on everything seems clearer to you … Everything seems so simple to understand … You feel a wonderful feeling of confidence deep within you, a strong feeling of self-reliance beginning to emerge … a feeling that was always there, deep inside, that seems to have awakened, that seems to be expanding stronger and stronger within you with each and every beat of your heart … and you realize that this feeling you have is emanating out to others also … and as it expands outwards you find that good things continually come your way … that opportunities and success seem to constantly find you wherever you are … You are a success magnet … good things continually come your way …

(Decision making, thinking abilities)

You're able to come to decisions much more easily now that you're thinking is clearer … Your memory is constantly improving … and you find yourself able to come up with new ideas very easily … it is such a wonderful feeling of belonging that you are now experiencing … a feeling that keeps growing stronger and stronger within you …

(Blueprint of health & Orderly state)

When you were born, you were born into this world in a healthy, happy state. Your mind has a sort of blueprint of health within it that shows you how you should be in a healthy, natural state. These blueprints stay with each and every one of us for our entire life. Here is one of the fundamental truths of nature that you must always remember … It is natural for you to be healthy and happy. It is unnatural for you to have sickness and misery.

Our blueprints when we were born that developed us from a single cell,that brought us all the way from conception to a happy, healthy childhood, still remains within our subconscious mind even as we grow older, to help us stay healthy and to correct problems as they arise. Therefore anything other than perfect health or happiness would be considered a dis-order. Since dis-orders are not natural, the subconscious mind can and will easily return you to an orderly state. All that is called for to accomplish this is your awareness, desire and commitment.

(Substitute Disorder)

Throughout the remainder of this session, anytime that I mention the word disorder, I would like you to substitute it with the topic that you would like to

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eliminate, enhance or change. In this manner you may treat one or even more disorders at the same time.

(Theatre of the mind - Visual motor rehearsal)

I would like you to use your imagination once again. Imagine yourself sitting in front of a large movie screen and imagine that you are seeing a motion picture of yourself. Imagine it as vividly and in as much detail as possible. See yourself in this motion picture reacting successfully, in the ideal situation, having already have attained your goal. If you can't *see it* clearly … then just think about it and the same purpose is being served. What does it look like? … Describe the scene to yourself … What are you wearing? … What are you doing?

(Feeling)

How do you *feel* now that you have become the person that you would like to be … (pause) … Feel the emotions … What are you *feeling*? Maybe confidence … pride … fulfillment … satisfaction … relief … (pause) … What emotions are you feeling exactly … Let those emotions fill you up … (pause) … Let them grow within you … (pause) …

(Sound)

What are you *hearing* associated with your new goal? What are others maybe saying about you? How do they feel about your accomplishments? … (pause) …

(Changes)

I'd also like you to imagine what you think would be different … What is different now that you have attained your goal? How has your life changed? … (pause) … Are you enjoying any more freedoms associated with this attainment? … Think about them; get them clearly in your mind as you imagine yourself standing in front of you, on that motion picture screen. … (pause) … Observe as many details as possible … What else is there that you can notice that is associated with this now orderly achievement? … (pause) See yourself for just a few more moments as having achieved your new habit. … (pause) …
(Replacement and success of disorder)

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From this moment on, beginning right now, the disorder has replaced with order. That's right … it's that simple … All you need to do is to realize, and decide right now that this disorder has run it's course … Just allow the disorder to fade away like an unwanted memory … You are in control of your life … Right now! … The disorder has been replaced with order ... The dysfunctionality replaced with functionality. Remember what the mind can conceive the mind can achieve. The disorder is gone! … You are successful …

(21 Day Maintenance)

Now, in order to "maintain" this change that you have made ... In order to "ensure" your continued success … you commit yourself to creating a new "habit" to replace the old habit … You are doing this with your continued positive visualizations, each day, of having attained your goal, like you just did a few moments ago, without skipping a day for a minimum of 21 days.

You will continue to visualize yourself having successfully attained your new attribute, which is creating new memories … Remember the subconscious mind sees imagined memories and actual memories as equal ... So your new imagined memories will soon become *engrained ... permanently ...* in your subconscious mind as your new habit … This will permanently replace your old habit. All of the new positive suggestions will stay with you! …

You have closed the negative doors behind you and opened a new door ahead of you of positive behavior … a permanent change … So once again feel that wonderful sense of satisfaction and achievement … and realize where this feeling is coming from. It is coming from within you. It is coming from that strong subconscious mind that you have. So allow your subconscious to make it so, and it is.

(Awakening)

In just a moment I am going to count to five, and at the count of five you will come all the way back to the here and now, feeling wonderful in every way, feeling energize and excited about your journey … and when you open your eyes you will feel better than you have before, realizing that you are in control of your destiny.

Each and every time you go into hypnosis from this moment forward you'll be able to go quicker and deeper than you did the time before, so you'll be able to use it

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to improve virtually any area of your life that you desire.

One . . . You are starting to emerge from hypnosis.

Two . . . Feeling wonderful in every way…

Three . . . Coming back to the here and now, feeling so much better than before,

Four . . . Your eyes are beginning to open now… and finally…

Five . . . Eyes wide open… totally relaxed ... and feeling fine.

#2 - Dis-order Session

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NLP - recoding

(Day 7 Session)

By Rene A. Bastarache, CHI

Before you begin listening to this session be sure that you give yourself enough uninterrupted time to sit and listen to it quietly for at least ¾ of an hour.

This session is designed to be listened to while relaxing.

Do not listen to it while driving a motor vehicle or doing anything else that may be dangerous.

Now turn off any beepers or phones, including cell phones.

Put any pets outside of the room that you are being hypnotized in, as they may jump on your lap and disturb you during your session.

Now sit in a comfortable, out of the way seat, supporting your neck and back preferably.

Be sure that there is nothing else in the area that may disturb you during your session.

(Induction)

(Movie screen countdown)

Close your eyes and allow yourself to relax and let go completely … Take a deep breath and hold it for a moment … and exhale … and take a second deep breath and hold it for a moment … and let go … and on your third deep breath hold it for about three seconds … and as you exhale just let yourself to let go completely.

In just a moment I am going to conduct an exercise with you that will allow you to relax completely. I'd like you to use your imagination right now, and imagine that you are sitting in the most comfortable chair or piece of furniture that you can think of. Take a moment to think of it in detail, what does it look like? What color is it? What is it made of? How does it feel sitting back and relaxing and it? … (pause) Imagine that directly in front of you is a movie screen ... The screen takes up the entire wall. In just a moment you are going to see a set of numbers from 10 descending down to 1 appear on the screen to help you to relax … and with each number that appears you will allow yourself to relax more and more … So let's go

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ahead and begin now …

Visualize the number 10 appearing in the center of the screen for a few seconds … look at the shape of the number, the size and the color, and as the number 10 leaves, you see the number 9 appear … and then the number 8 … You are becoming more relaxed … as you let go and see the number 7 … Letting go completely … and the number 6 … tired and drowsy … 5 … Allowing yourself to go deeper and deeper … 4 … Just give yourself permission to let go … 3 … All the way down deep … 2 … More and more relaxed, and finally … 1 …

(Body scan)

As you continue to relax you notice the number 1 leaving the screen … and now an image of yourself appears. You can see yourself in great detail as the image of you on the screen is much taller … and as you are watching the image of yourself on the screen, you notice that the top of your head seems to be lit up, with a reddish glow emanating … It is a wonderful, relaxing glow … and you allow the top of the head to relax completely … Now you see the light descending down onto your forehead, your eyelids and your eyebrows … and you notice the glow moving downward … you find that you can even feel your face begin to relax as you watch yourself on the screen, and you can see that relaxation, that glowing, move down through to your cheeks and your nose … as you allow your face to relax more and more. Descending down through your mouth and your chin … and you feel your entire face totally relax … Now you notice the light descend even further as it illuminates your neck and shoulders, and you find those areas feeling very relaxed as you get rid of any tension or discomfort ... Descending down through your arms … your elbows … your forearms and your wrists … your hands … and even your fingers have let go completely …

As you continue watching yourself on the screen, you realize how much deeper your breathing has become, how much more relaxed you are than you were just a few short moments ago. You realize that it feels good and that you want to continue to relax even more, as the light relaxes your chest and all the way down through your stomach … and you find that you can get rid of any tension that may be in your stomach area ... As you watch that comfortable glowing light move downward through to your hips … and your legs begin to relax, starting with your thighs … and your knees … your calves … all the way down to your ankles … your feet relax and even your toes just let go completely. As you watch the

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glowing light leave the screen … leaving your entire body completely relaxed and totally at ease.

(Create a room)

I would like you to continue using your imagination now. Imagine that on the screen you are now seeing a motion picture of yourself. See it as vividly and in as much detail as possible.

You are the Director and anything that you can imagine, will immediately become part of your motion picture. You decide to create a beautiful, comfortable room around you in this relaxing piece of furniture that you are in. I'd like you to begin by creating walls around you … So using your imagination describe to yourself what color the walls are … What are they made of? Are they made of wood, drywall or maybe even marble? How big is your room? See it in detail in your mind … Take your time and do that ... If I am speaking too quickly for you to keep up, don't worry about it, you may return at any time and change, or add whatever you would like to your room …

You can also create a ceiling now … What is the ceiling made of? Does it have lighting on it? It can have anything that you like, from recessed lighting to beautiful chandeliers … (pause) … Now how about the floor …

What is the floor made of? … Linoleum, cement, wood or even grass if you like. Just see the floor in detail … the texture … the patterns … the feeling of it … and create it in your mind … (pause) … Now you have created the entire parameters of your room …. If you would like to have any other comfortable furniture or anything else in the room that would help you to relax even more, go ahead and create it now in your mind ... Maybe you would like an easel for art work, or a dresser or bureaus. Maybe you would like one of those old-fashioned, wooden, roll top desk. Whatever you would like, go ahead and create it now … (pause) … All the way down to the personal items in your room that you would like to have, maybe you would like pictures, or knickknacks, or anything that you enjoy collecting … Just take a few moments and finish creating the details of your room ... (pause) …

Now look around at your room and commit all the details to memory. Get it clear in your mind ... and as you allow yourself to relax even more you realize that this room is a safe secure place that you have created for yourself. This is a room that you

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can return to, to relax, to meditate, to rejuvenate yourself, or any time that you find that you would like to escape to someplace safe and enjoyable … You'll be able to you go into hypnosis in future sessions.

Anytime that you would like to return here all you need to do is to take a deep breath, and as you exhale simply say to yourself quietly the words "relax now"… and as you do you can allow your mind to take you back to this wonderful place.

(Breathing exercise 2)

As you are sitting there in your comfortable room, I would like you to allow yourself to relax even more while concentrating on your breathing. Notice your breath as it enters and leaves your body. Notice the rhythm of the breathing, notice that each breath is different, some are short breaths and some are longer. As you examine your breathing in and out, I would like you to concentrate on the area of your mouth or nose where the oxygen first touches it as it enters your body, if you pay attention closely you will feel the air as it enters and touches your nose or your mouth initially. Concentrate on that area that is being touched by the air as you first breathe it in, also noticing the air as it travels all the way into your lungs, and as you do, you will realize that there is a noticeable shift in your breathing between where your lungs are completely full, and they begin to exhale the breath, then notice the breath leaving your body completely, all the way out to when that breath touches your nose or your mouth, and gives you that same or a similar light touching sensation as it leaves. Continue noticing these breathing sensations, and following your breathing from beginning to ending for a few moments. Follow it with interest, almost as if it were the first time you ever noticed it before … Follow it with curiosity …

Continue observing your breathing, and the sensations that come with it, and I'd like you to begin counting each breath to yourself quietly … count it at the precise moment that you notice your inhale begin to touch your lip or nose. I would like you to count your breaths up to the count of 12, and once you have reached 12 breaths ... do it two more time until you reach 12 again … which will be three sets of 12 total … Concentrating on your breathing and on the counting ... don't worry if you lose your place … If you do, just go ahead and begin the counting over with the number 1 … As you continue with this job I will be speaking to you and you will be hearing me, however I would like you to continue focusing on the task that you are doing, as I will be speaking directly to your subconscious mind … and once you have finished the task you can then just relax and listen to me once again ...

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(Self esteem suggestions)

So go ahead and begin now if you have not already done so … begin counting your breathing … With each breath that you feel and each breath that you count you become more and more relaxed … With each breath that you count you become more peaceful … and more confident … and as you continue counting you realize that your self-esteem is growing more and more … that you are happy being who you are … To achieve all of your goals in life, all you have to be is you … Your life is important … Your life is meaningful … You now make good use of your life … You are at peace with yourself … Accepting yourself … Loving yourself … You love being you … You realize that no one else can be you … You are better at being you than anyone else ... You are a unique individual … You feel better and better each moment … You are happy being you … The more that you accept and love yourself, you realize the more that you can accept and love others … You are in control of your thoughts and in control of your feelings …

You are in control of your life … and being in control you choose to be positive … to store positive thoughts … to store positive images … Your mind is a storehouse of positive energy … and because there is so much positive energy within your mind … you are attracting positive energy and positive opportunities constantly to you … You see something positive in every situation … and every day life gets better and better … You have great potential and you are using it more and more each day … Your self-image grows stronger and stronger … You realize that in order to grow or expand outside, that growth must first start from within … and you are allowing your self-image to grow inside … to be successful and expand … and by doing this your life and all of your desires … can also expand and flourish outside.

(21 days)

You have a desire to improve yourself and you are constantly improving. You are becoming more and more orderly each and every day. You realize that in order to change any habit, or two create a new one, it takes 21 days in a row … In order to eliminate a negative habit you will create a positive one in it's place … In order to eliminate a dis-order … no matter what that disorder may be … You will create a positive habit of orderly behavior …
(Regression)

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I would like you to use your imagination right now. I would like to take a moment to go back in time … into your past … and think of a place or event that made you very happy and confident ... Think of what it was that you were doing that made you so very happy … Use your imagination and get a clear image of when it was, where it was and what you were doing … and while you are using your imagination realize that you will experience only good things from your past … only positive and uplifting memories … Take a moment now and see that image as clear in your mind as you can, in as much detail as possible … (Pause) …

If you are not able to find a happy place that made you feel safe and confident, just imagine yourself back in the room that you just created for yourself and let it be this safe, happy place …

Take a moment to feel the wonderful feelings from your memory or your room … notice the sites … the sounds … and even any scents or taste associated with this memory … allow this wonderful feeling to continue to grow stronger and stronger within you … a wonderful, happy, confident feeling …

(NLP - Recoding)

Now take a moment to think about your goal that you would like to achieve … imagine yourself having attained that goal … and that the same moment … feel yourself again at you're happy, confident moment from the past or from your safe, happy room … and as you are feeling that wonderful happy feeling … allow yourself to associate those feelings with the image you have created of having successfully attained your goal. They are both just as wonderful, and happy a feeling … and you'll find that from this moment forward each and every time that you imagine yourself having attained your goal … this happy … confident feeling, will immediately return to you. Each time you do anything even associated with the attainment of your goal … the little successes along the way… the baby steps … you get this wonderful happy feelings as reward that helps you to maintain your success. So take a moment now and enjoy that happy, confident feeling from your past as you associate it with your new goal … Feel it growing stronger and stronger within you with each breath that you take.

(Theatre of the mind - Visual motor rehearsal)

I would like you to use your imagination once again. Imagine yourself sitting in front of a large movie screen and imagine that you are seeing a motion picture of

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yourself. Imagine it as vividly and in as much detail as possible. See yourself in this motion picture reacting successfully, in the ideal situation, having already have attained your goal. If you can't *see it c*learly … then just think about it and the same purpose is being served. What does it look like? … Describe the scene to yourself … What are you wearing? … What are you doing?

(Feeling)

How do you *feel* now that you have become the person that you would like to be … (pause) … Feel the emotions … What are you *feeling*? Maybe confidence … pride … fulfillment … satisfaction … relief … (pause) … What emotions are you feeling exactly … Let those emotions fill you up … (pause) … Let them grow within you … (pause) …

(Sound)

What are you *hearing* associated with your new goal? What are others maybe saying about you? How do they feel about your accomplishments? … (pause) …

(Changes)

I'd also like you to imagine what you think would be different … What is different now that you have attained your goal? How has your life have changed? … (pause) … Are you enjoying any more freedoms associated with this attainment? … Think about them, get them clearly in your mind as you imagine yourself standing in front of you, on that motion picture screen. … (pause) … Observe as many details as possible … What else is there that you can notice that is associated with this now orderly achievement? … (pause) See yourself for just a few more moments as having achieved your new habit. … (pause) …

(21 days reminder)

Realize the feelings of success and accomplishment associated with this visualization of your completed task. Believing in yourself and being consistent for an entire 21 days, and will remain a winner. Congratulations … Feel confident and proud of yourself and your accomplishment …
(Awakening)

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In just a moment I'm going to count to five and that the count of five you will come back to the here and now, feeling wonderful in every way, feeling so much better than before.

One . . . You are starting to emerge from hypnosis feeling energize and excited about attaining your goals.

Two . . . Feeling wonderful in every way and feeling so much better than before. Believing in yourself that you are worthwhile.

Three . . . Your mind is clear and alert, and constantly improving.

Four . . . Your eyes are starting to open and

Five . . . Eyes wide open, and feeling wonderful in every way.

#3 Dis-order Session

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Forgiveness / Guilt Release

(Day 14 Session)

By Rene A. Bastarache, CHI

Before you begin listening to this session be sure that you give yourself enough uninterrupted time to sit and listen to it quietly for at least ¾ of an hour.

This session is designed to be listened to while relaxing.

Do not listen to it while driving a motor vehicle or doing anything else that may be dangerous.

Now turn off any beepers or phones, including cell phones.

Put any pets outside of the room that you are being hypnotized in, as they may jump on your lap and disturb you during your session.

Now sit in a comfortable, out of the way seat, supporting your neck and back preferably.

Be sure that there is nothing else in the area that may disturb you during your session.

(Induction)

Close your eyes … take a deep breath …and exhale … Take a second deep breath as deep as you can … and exhale … and on your third deep breath hold it for about three seconds … and exhale and relax … with each breath that you take, allow yourself to relax deeper and deeper …

I'm going to have you relax each part of your body starting from the top of your head, going all the way down to the bottom of your feet … and as I mention each part, just allow everything to let go … starting with the top of your head … your scalp and your forehead … Let go of all the tension and stress … in your eyebrows … your eyelids … Feel that relaxation going down through your cheeks in your nose … relax all the muscles around your mouth and lips … relax your chin and jaw … and allow all those muscles in your face to just relax and let go … Feel that relaxation going down into your neck and shoulders …

Get rid of any tension that might be in your shoulder area, it should feel good to do that. Relax your arms … all the way down to your hands and fingertips … just let

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go … let go completely … Notice how deep your breathing has become … So much more relaxed than just a few moments ago … and as you breath in deeply and exhale slowly … allow all the muscles in your chest to just relax … All the way down to your stomach, get rid of any tension that might be in your stomach area … down to your hips … just let go completely … and your legs relax … your thighs … your knees … Relax your calves and you're ankles … feel that relaxation going down into your feet … and even your toes just relax completely … as you drift down deeper into a very relaxed state …

(INSERT DEPTH TEST HERE) *(If individual session)*

(Deepener - Breathing exercise 3)

Realize how relaxed your body has become in just these few moments … So much more relaxed than when we began. However you do have the ability to relax even deeper throughout this session … Take a moment now to notice your breathing … In a moment I'd like you to count each one of your breaths, quietly to yourself as it ends … Take a moment to notice when your breath begins, then you exhale, and your breath ends … and at the very moment that your breath has completely left you, and there is a noticeable ending, mentally count to yourself … "1" ... If you pay attention closely you will notice that there is a very slight distinction between the ending of one breath and the beginning of the next one. You don't need to breathe slowly or deeply, just count each breath as you breathe normally, comfortably. Then notice the next breath and at the precise moment it ends, count "2", and the next one … continue counting each breath to yourself until you reach the count of 12 ... Once you reach 12 breaths begin the whole process over again starting with "1" … Do this for 3 complete cycles … If you lose your place or count over 12 breaths, simply start over at 1 again ... Go ahead and begin counting now, concentrating on your task as I am speaking to you … and you will find that as you are focusing on your breathing and counting each one, that you will still hear me speaking in the background, even though you continue concentrating on your job, and it's OK if you don't pay attention to what I am saying consciously … because your subconscious mind hears everything, all the time, whether you are listening or not … and as you continue counting your breaths … with each breath that you take and each breath that you count, you find yourself relaxing more and more, with each breath that you count you find that you are more open to suggestion … becoming more and more open, more and more receptive with each breath that you count …

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(Suggestion for Self esteem Confidence)

You are happy being who you are … To achieve all of your goals in life, all you have to be is you … Your life is important … Your life is meaningful … You love being you … You realize that no one else can be you … You are better at being you than anyone else ... You are a unique individual … You feel better and better each moment … The more that you accept and love yourself, you realize the more that you can accept and love others … You are in control of your thoughts and in control of your feelings … You are in control of your life … and being in control you choose to be positive … to store positive thoughts … to store positive images …
You see something positive in every situation … and every day life gets better and better …

You have great potential and you are using it more and more each day … Your self-image grows stronger and stronger … You realize that in order to grow or expand outside, that growth must first start from within … and you are allowing your self-image to grow inside … to be successful and expand … and by doing this your life and all of your desires … can also expand and flourish outside...

(Suggestion for Forgiveness)

In order to open the door in front of you, to continue to move forward, to progress, you must close those doors completely behind you. You forgive yourself for the past … You understanding that forgiveness of yourself and others releases you from the past ... You are now forgiving yourself and others …. You are setting yourself free with forgiveness so that you may move forward ... The mistakes that we make are an iatrical part of learning rather than to be given blame … Blame, judgments, and guilt are a thing of the past … You allow them to fade away like a distant memory, like something that is not important to you any more ... Now you focus on acceptance, being open-minded, and happy … You are completely releasing yourself from any pain from the past, living now only in the present … You are now able to move forward in all areas of your life, simply by forgiving yourself and others … You respect yourself, and life, as you forgive yourself, and you can now move forward in life, healed, and receptive to growth. You let go of the past, leaving it behind you where it belongs. You look forward, realizing that every breath that you take is a new breath, every morning when you wake is a new day, filled with new challenges and new adventures. Each moment ahead of you has not been taken yet ... It is like a blank sheet of paper with nothing written on it ... You have the opportunity to write

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whatever you wish on it, because it is new … It is the same with each and every *new moment* ahead of you ... *Today is a new day*, choose to make it a positive, productive one. Open the door and move ahead.

(Suggestion for Guilt release script)

I'd like to speak to you for just a moment about guilt … Guilt is more like an infection, than a feeling … it is a mental thing that "infects" feelings. It's like a foreign substance that gets into or around emotions, like an infection in a wound. Guilt is held in place by judgments. Release the judgments, and the guilt goes too. And because judgments are decisions, they are easy to change. The secret is simply to decide again. Take back your original judgment, change your mind, un-decide, un-judge.

Here is an easy way to do it … Take a moment now to reflect if there is something that has caused you guilt feelings ... Once you have identified the incident, locate the feeling or emotion that are associated with the problem … Now locate the feeling in your body and ask yourself, "Do I have any, or have I made any judgments about this?' If the answer is yes, then say strongly in your mind's voice,

"I release any negative judgment or labels I may have given myself because I ____" (insert whatever you did, thought or felt.)

(pause)

The next step is to change your mind about the thing itself. Here is what you say to yourself to do this:

"I release the judgment that ____" (whenever you did) "***may have been unwise or wrong."***

Release each negative judgment until there are no more. That's all there is to it, when the judgments are released you are free once again … Let's take a moment right now and use this process for yourself … Is there something that has caused you guilt feelings? ... (pause) … Take a moment to identified the incident … (pause) … What feelings or emotions that are associated with the incident? … (pause) … Now locate the feeling in your body and ask yourself, "Do I have any, or have I made any judgments about this?' ... (pause) … If the answer is yes, then say

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quietly in your mind to yourself …,

"I release any negative judgment, or labels I may have given myself because I ____" (insert whatever you did, thought or felt.)

(pause) … (then repeat) One more time …

"I release any negative judgment, or labels I may have given myself because I ____"

Let's do the next step now … Change your mind about the incident itself … Here we go … Think about the incident first … (pause) … Now say quietly in your mind to yourself …,

"I release the judgment that ____" (whenever you did) "***may have been unwise or wrong."***

(pause) … (then repeat) One more time …

"I release the judgment that ____" (whenever you did) "***may have been unwise or wrong."***

Good, now just let it go, and move on …

(Theater of the mind)

I would like you to take a moment now and think of your new habit that you are creating … think of the dis-order you have changed, eliminated, or improved upon … and imagine … visualize how you feel, having replaced it with "order", with a new positive habit … Now use your imagination and visualize the motion picture screen directly in front of you ... See it as vividly and in as much detail as possible … See yourself in this motion picture reacting successfully, in the ideal situation, having attained your goal. How do you "feel" now that you have become the person that you would like to be. Feel the emotions … What are you feeling? Maybe confidence … pride … fulfillment … satisfaction … relief …or even happiness … What emotions are you feeling exactly … Think about it and describe to yourself what emotions you are feeling … Give yourself a few moments to enjoy this wonderful feeling … Let it fill you up, grow within you … What are others maybe saying about you? How do

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they feel about your accomplishments? I'd also like you to visualize and feel what you think is different … What is different now that you have attained your goal? How has your life changed? Are you enjoying any more freedoms associated with this attainment? Think about them, get them clearly in your
mind as you visualize yourself standing in front of you, on that screen … What else is there that you can notice that is associated with this now orderly achievement?

Remember the imagining of yourself doing something with enough detail is equal to the actual experience as far as your subconscious mind is concerned. So, see yourself for just a few more moments having achieved your new habit and realize that the reward for attaining your goal is the actual goal itself …(pause)

Realize the feelings of success and accomplishment associated with this visualization of your completed task. Believe in yourself and be consistent for the entire 21 days, and you will remain a winner. Congratulations… Feel confident and proud of yourself and your accomplishment…

(Awakening)

In just a moment I'm going to count to five and that the count of five you will come back to the here and now, feeling wonderful in every way, feeling so much better than before.

One . . . You are starting to emerge from hypnosis feeling energize and excited about attaining your goals.

Two . . . Feeling wonderful in every way and feeling so much better than before. Believing in yourself that you are worthwhile.

Three . . . Your mind is clear and alert, and constantly improving.

Four . . . Your eyes are starting to open and

Five . . . Eyes wide open, and feeling wonderful in every way.

#4 Dis-order Session

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Confirmation & Congratulations Session

By Rene A. Bastarache, CHI

Prep for Session

Before you begin listening to this session be sure that you give yourself enough uninterrupted time to sit and listen to it quietly for at least ¾ of an hour.

This session is designed to be listened to while relaxing.

Do not listen to it while driving a motor vehicle or doing anything else that may be dangerous.

Now turn off any beepers or phones, including cell phones.

Put any pets outside of the room that you are being hypnotized in, as they may jump on your lap and disturb you during your session.

Now sit in a comfortable, out of the way seat, supporting your neck and back preferably.

Be sure that there is nothing else in the area that may disturb you during your session.

(Breath Induction Modified)

Allow your eyes to just softly close ... Now, I'd like you to rest comfortably in your chair ... that's right ... just allowing the chair to support you, settling down easily, with your arms resting at your sides, or gently on your lap ... head and neck in a comfortable position ... (PAUSE) … very good ... Now that you are very comfortable, I'd like you to become aware of your breathing ... Feel the coolness of your breath as it enters your nostrils … noticing your chest as it rises and falls … rises and falls …. in an easy … and natural rhythm … your own perfect and natural rhythm ... just breathing in ... and out ... in ... and out ... Allow your awareness to focus on your breath ... (PAUSE) ... and now, I'd like you to take three deep breaths: **ONE,** breathe deeply ... and ... exhale … **TWO,** another deep breath ... and ... exhale and **THREE,** deep breath, hold it for 3 seconds ... **(PAUSE)** … and ... exhale …

Just allow your awareness to remain focused on your breath as you allow it to quiet, and deepen ... deeper and deeper ... and begin to notice that as you allow your breath to become more and more relaxed … that it is an easy and natural thing ... You do not need to make any conscious effort to breathe … Your marvelous subconscious

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mind is taking care of your breathing - from the moment of your birth throughout your life, for as long as you live ... And just as your subconscious mind is the guardian of your breath and all your bodily functions, it is also the creator of your dreams, and the champion of your highest aspirations ... Always supporting you … protecting you, and working for your greatest good ... Knowing this, you can relax even more deeply with each and every breath that you take … From this point onward you can allow yourself to simply rest on your breath ... rest and relax ... rest and relax ... deeper and deeper ... knowing that the more you relax … the deeper you go … and the deeper you go … the more you can relax … allowing your subconscious mind, with all it's awesome power to be more open to beneficial suggestions …

(Analytical Vehicle - Choose a name)

I would like you to use your imagination now … I'd like you to imagine that you are doing research to get information for a new book that is going to be written. It is a name book for children's names. To begin your research you will need to find a girls' name and boys' name that begin with each letter of the alphabet … Here's how you are going to do that. Start by quietly thinking of a girl's name that starts with the letter A … get it clear in your mind … good, imagine that you are writing it down in your book … Now think of a boy's name that starts with the letter A … good … and write it down in your book also … Now think of a girl's name that begins with the letter B … take your time, if you can think of many names that start with the letter B, choose the one that you like the best … it is important that you take your concentrate on the task that you're doing … write it down in your book … Now choose a boy's name that starts with the letter B … and write it down … good, just hold on for a moment and let me explain to you the remainder of what you will be doing. In just a moment you will go ahead and continue finding names of girls and boys starting with the letter C, then D and so on until you go through the entire alphabet, all the way to the letter Z but once you begin, when I tell you to go ahead and start, you will continue with the task, paying no further attention to me, until you have finished the entire job. I will be speaking to you of course and you will be hearing me but I will be speaking directly to your subconscious mind which always hears and always pays attention … so just concentrate on your task and try to not listen to what I am saying … try not to follow my instructions until you have finished the whole job and then you can listen to me once again. At that point you will be very relaxed … and your mind will be even more open and receptive to the beneficial suggestions that you will be receiving.

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So let's go ahead and begin now … Start with the letter C … choosing a girl's name … and write it down … and then a boy's name … paying no further attention to me, just choosing the name, writing it down and going to the next letter, choosing the names for that letter and going onto the next one, paying no further attention to me, just choosing the names, concentrating on your task, until you have finished the entire job, at that point you'll be very, very relaxed. With each name you choose you are becoming more relaxed, with each name you choose you a going deeper into a relaxed state, becoming more open to suggestions, more and more relaxed, and receptive. The closer you get to the letter Z, the deeper into relaxation you will go.

(Self-image - Confidence)

You are happy being who you are … To achieve all of your goals in life, all you have to be is you … and you *have* achieved your goal and created a new positive habit … You did it! … Your new positive habit has become totally engrained in your subconscious mind and is part of you now … Your life is important … Your life is meaningful … You love being you … You realize that no one else can be you … You are better at being you than anyone else ... You are a unique individual … You now look at yourself differently … You now see yourself as a successful person ... Having attained your goal … You describe yourself and identify yourself as a person who has attained a new goal … A new positive habit … A success … Having created a new habit to replace that disorder from the past … You have grown … You feel better and better each moment … You accept and love yourself more and more each moment … You are in control of your thoughts and in control of your feelings … You are in control of your life … You see something positive in every situation … and everyday life gets better and better …

You have great potential and you are using it more and more each day … Your self-image grows stronger and stronger each day … Each day is a new day! … You are staring new today …

Maybe you have finished your task of finding the names and maybe you haven't … Either way, I would like you to stop that task now and just relax as I continue speaking to you…

(Theater of the mind)

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I would like you to take a moment now and think of your new habit that you have created …

Use your imagination and visualize the motion picture screen directly in front of you ... See it as vividly and in as much detail as possible … See yourself in this motion picture having attained your goal and successfully created your new, permanent habit. How great do you "feel" now that you have created your new habit and attained your goal by actively working at it for the past 21 days? Feel the emotions … Get happy now! Feel the confidence … the pride … the fulfillment … the satisfaction … the relief …and especially the happiness … Feel and describe to yourself the exact emotions … Think about it and describe to yourself what emotions you are feeling … Give yourself a few moments to enjoy this wonderful feeling … Let it fill you up, grow within you Your life has changed? You are enjoying more freedoms because of this attainment? Think about them, get them clearly in your mind as you visualize yourself standing in front of you, on that screen, a success … You have done it … 21 days to a new you ... It is that simple … congratulations! You are a winner with a new winning attitude. Be proud of yourself and your accomplishment…

(Awakening)

In just a moment I'm going to count to five and that the count of five you will come back to the here and now, feeling wonderful in every way, feeling so much better than before.

One . . . You are starting to emerge from hypnosis feeling energize and excited about attaining your goals.

Two . . . Feeling wonderful in every way and feeling so much better than before. Believing in yourself that you are worthwhile.

Three . . . Your mind is clear and alert, and constantly improving.

Four . . . Your eyes are starting to open and

Five . . . Eyes wide open, and feeling wonderful in every way.

You have just seen the original 21 day program. Since it's inception we have created a fifth session "The Follow-up Session" that can be used to replace sessions

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2, 3 and 4 as it is shorter for the client to listen to at home. You can still conduct 2, 3 and4 if you thing the client can benefit from those topics such as forgiveness, guilt and self esteem building.

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#5 Dis-order Session

Follow-up Session

(Days 1- 6, 8 - 13, 15 - 20)

By Rene A. Bastarache, CHI

Before you begin listening to this session be sure that you give yourself enough uninterrupted time to sit and listen to it quietly for at least ¾ of an hour.

This session is designed to be listened to while relaxing.

Do not listen to it while driving a motor vehicle or doing anything else that may be dangerous.

Now turn off any beepers or phones, including cell phones.

Put any pets outside of the room that you are being hypnotized in, as they may jump on your lap and disturb you during your session.

Now sit in a comfortable, out of the way seat, supporting your neck and back preferably.

Be sure that there is nothing else in the area that may disturb you during your session.

NOTE: *One of the greatest benefits of this program is that it will work just as successfully whether you go into a deep hypnosis, a light hypnosis or if you don't even go into hypnosis at all. The main purpose of the sessions is the visualization as a means to create new memories because the subconscious mind cannot differentiate between an imagine memory or an actual memory. Therefore whether you go into hypnosis to visualize the scenes or simply listen to the instructions and imagine or think about the scenes, the same purpose is being accomplished.*

(Induction)

Close your eyes and relax. Take a deep breath … and exhale … and take a second deep breath … and exhale and on you third deep breath, hold it for about three seconds … and exhale and relax.

I'm going to have you relax, every part of your body starting from the top of your

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head all the way down to the bottom of your feet. And as you relax each part of your body, I'd like you to use your imagination to visualize … and even feel … each part of your body relax and let go completely … starting with the top of your head … your scalp and your forehead…your eyebrows and your eyelids … and feel that relaxation going down through your cheeks and your nose…relax your mouth and especially all those muscles around your mouth and lips … make sure your teeth are not clenched together … and just relax … relax your chin and your jaw … and allow all of those muscles in your face to just let go … and your neck relaxes … starting with the front part of your neck … and the back part of your neck … all the way down to your shoulders … just feel your shoulders relax completely … get rid of any tension that might be in your shoulder area … it should feel good to do that … and your arms relax … starting with your upper arms … going down to your elbows … relax your wrists … your hands … and even the fingers relax and let go … And notice how deep and regular your breathing has become … just so much more than just a few moments ago, when we began … feel your breathing … feel the rhythm of your breathing … notice the contraction and expansion of your diaphragm and your chest … and allow your chest muscles to relax completely … all the way down to your stomach… just feel your stomach muscles relaxing and letting go … get rid of any tension that might be in that area … just allow everything to let go completely … and your back muscles relax … those larger muscles in the upper part of your back … going down your spinal column … and into your lower back … and allow all those smaller muscles in the lower part of your back to relax as well … and your hips relax … and especially your legs … starting with your thighs … your knees … and feel that relaxation going down into your calves … and your ankles … relax your feet … and even your toes just relax completely … as you begin to drift into a deep relaxed state … just letting yourself go … letting your mind and body become one … just feeling so good …

(Deepener)

In just a moment I'm going to count from 20 down to 1 ... And as I say each number I'd like you to imagine the number, think about it and quietly spell the number to yourself which will help you to deepen your own relaxation allowing you to relax at your own pace.

So lets begin with 20 as you spell it … t-w-e-n-t-y …19 … n-i-n-e-t-e-e-n ... 18 ... All the way down deep… 17... 16... deeper and deeper …15 … keep on spelling the numbers to yourself quietly ... 14... just let yourself go… 13... 12 ... give yourself the

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permission that this is what you want to do …11 ... 10... allow yourself to just to let go … 9 ... 8 ... deeper and deeper … 7 ... 6 ... all the way down deep … 5 ... 4 ... tired and drowsy … 3 ... 2 ... so very relaxed … and finally …1 ... Deep … deep … relaxation.

(Visualization)

I would like you to use your imagination right now. Imagine, or just think about, yourself sitting comfortably in front of a large movie screen and imagine that you are seeing a motion picture of yourself. See it as vividly and in as much detail as possible. See yourself in this motion picture reacting successfully, in the ideal situation, having already have attained your goal. As you are visualizing yourself as this successful person ... See yourself as the main actor or lead person on your screen … How do you "feel" now that you have become the person that you would like to be … (pause) … Feel the emotions … What would you be feeling … What are you "feeling"? Maybe confidence … pride … fulfillment … satisfaction … relief … happiness … (pause) … What emotions are you feeling exactly … Let those emotions fill you up … (pause) … Let them grow within you … (pause) … What are you "hearing" associated with your new goal? What are others maybe saying about you? How do they feel about your accomplishments? … (pause) … I'd also like you to visualize and feel what you think is different … What is different now that you have attained your goal? How has your life have changed? … (pause) … Are you enjoying any more freedoms associated with this attainment? … Think about them, get them clearly in your mind as you visualize yourself standing in front of you, on that motion picture screen. … (pause) … See the details … What are you wearing? … What are you doing? … What else is there that you can notice that is associated with this now orderly achievement? … (pause) … Remember the imagining of yourself doing something with enough detail is equal to the actual experience as far as your subconscious mind is concerned. So, see yourself for just a few more moments having achieved your new habit. … (pause) …

(Old habit is GONE)

You are in control of your life now … You have created and attained a new positive habit … With the power of your subconscious mind, it is very easy to do … You have allowed the past disorder to fade away like an unwanted memory … and now you move forward … The disorder of the past has been replaced with order. The dysfunctionality replaced with functionality. So once again feel that wonderful sense

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of satisfaction and achievement. It is coming from that strong subconscious mind that you have. You have created your goal and through these daily exercises maintaining it, creating a permanent habit of change.
(Awakening III)

At the count of five you will come back to the here and now, feeling wonderful in every way . . .

One . . . Beginning to come all the way back

Two . . . Coming back feeling better and better

Three . . . Feeling totally relaxed and comfortable

Four . . . Eyes starting to open now . . And

Five . . . Eyes wide open, feeling wonderful in every way.

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"Don't stay in bed, unless
you can make money in bed."

George Burns

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CHAPTER 21

MARKETING

Regardless of what your business title is if you are to be successful in this business your primary title with be that of marketer. The more that you market and network in this business the more successful you will be.

As with any business, if you do not have customers, no matter what you product, you have no business.

This chapter will give you ideas of many of the best ways you can use to advertise you r business and get the ball rolling.

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MARKETING

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Signs in Windows

Advertising as you may know is a whole book in itself. There are many ways of advertising and depending on your budget can either make you or break you. I'll give you the most common and what I have found to be the most lucrative advertising ideas to me. These are ideas that can be done on a fairly small, what I call a shoestring budget as we are speaking about starting a business from your home. I imagine your budget isn't too large at this time. What I have found to be the best form of advertising for me in the past is advertising in the windows of my home office. This depends of course on whether you have large windows or not. It's great to have signs outside the building however if you are working from home you may not be able to do so. Depending on your creativity, good signs can catch lots of attention. My signs caught attention from people living as far as three states away who would call for appointments. Keep them professional however make them eye-catching.

Outside Signs

You may want to drive around the town you live in and look at different variations of signs in areas where there are similar businesses to where yours is going to be. Which of these signs jump right out at you as you are driving by? Which ones are the most noticeable, what colors, what types? What materials are they made out of? Even if your office isn't in your home it may be a good idea from this point on to notice signs and various types of advertising anywhere you drive. You may want to keep a notebook as to which signs were most effective around home businesses or downtown where the signs compete with each other, which ones stand out the most.

I have found that signs with a yellow background seem to standout the most, which is probably why most cities use yellow in the use of street signage. Also keep in mind that outside signs always look smaller when you put them up than you thought they would be. My last sign was a 4 x 8 ft. which I thought would be way to big for where it was going and once it was up … it looked very small.

Here is a sample of the sign used by my group of Centers. Since this is a black and white publication, the sign has a fluorescent yellow background with black lettering. It can be seen a mile away!

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Here is another kind of sign that is a great asset if you are doing group sessions. This sign can be adapted to most anything you are doing and can be placed in front of your location a day or two in advance. You may even want a larger one. They are very easy to build if you want a customized one.

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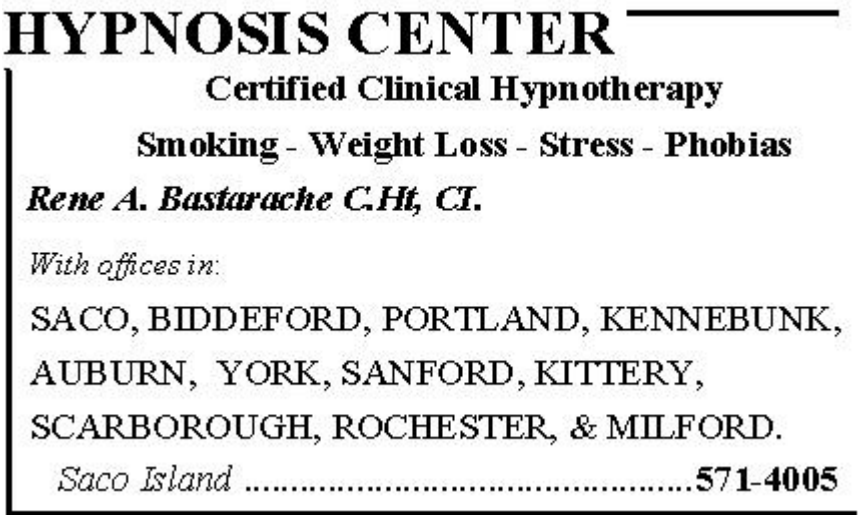
Yellow Pages

(NOTE: As Yellow Pages used to be a great advertising method it has virtually been replaced by the internet directories. Be careful in using this venue to research and see if anyone still uses it in your area.)

The second most effective form of advertising that has worked for me, is a local Yellow Page Ad from the telephone book. Again this is something that takes research. Usually if you have a business phone line you are allowed one free business listing in the phone book. If there are no other businesses of your sort in the Yellow Pages that's great. However if there are many other businesses competing for hypnosis in your area and in the local Yellow Pages you may want to go little further and place a paid ad. Compare with other businesses and other advertisements in the Yellow Pages as to what stands out the most. Do you want to be at the top of the listings? If you do you may want to start your listing with the letter A. If you are planning on opening several offices even if your office is a room or in different people's homes you may want to put something like "with offices in" and include the list of the towns or cities your offices are in. This will give you more credibility and you will receive inquiries before most of the others in the same listing. If you are going to place a larger picture type ad you may find that putting a picture of yourself in the Yellow Pages will draw a lot more attention. People like to see who they are going to be dealing with.


HYPNOSIS CENTER
Certified Clinical Hypnotherapy
Smoking - Weight Loss - Stress - Phobias
Rene A. Bastarache C.Ht, CI.
With offices in:
SACO, BIDDEFORD, PORTLAND, KENNEBUNK,
AUBURN, YORK, SANFORD, KITTERY,
SCARBOROUGH, ROCHESTER, & MILFORD.
Saco Island 571-4005

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Press Releases

Press releases are by far some of the best advertising you can get if you know how to get it. First you need to figure out what you are doing in your business that is news worthy *(this should be just about anything).* Then you need to write a quality press release and mail it to every newspaper within reasonable distance to you. If one of the papers likes what they see they may print it just as it is or edit it a bit, but best of all is occasionally one of them will contact you and ask to run a feature article on your business or whatever you sent the release in for. This is where you are getting the press. I have had many newspapers do this to me and run entire full page articles on my business and many of them were front page. Did you get that? Front Page! These are nice. You can't pay for that exposure. They even sent their photographers along with the reporters. How do you get them? Keep sending in press releases every time you are doing anything new or press worthy. If you are not doing anything, then create something. Volunteer your services or whatever it takes. Remember, the squeaky wheel gets the grease… so keep sending them in and sending them in…. it will pay off in the long run.

Here is a sample of a press release:

IMMEDIATE PRESS RELEASE

METAPHYSICAL INVITATION

This is an open invitation to all . . . to attend a weekly series of metaphysical & guided meditation workshops in Biddeford, Maine, beginning Wednesday evening, May 26th. 2004, at 7:00 PM, sponsored by The American School of Hypnosis & Alternative Healing.

This is a group of people that are brought together for the common purpose of self enrichment. "We are all here to help each other and teach each other how to help ourselves." This invitation is open to the general public, psychics, Hypnotherapist or anyone interested in self-improvement through metaphysical or spiritual enlightenment. Activities will consist of participating in guided meditations for past life regression, relaxations techniques, meeting spirit guides, seeing auras, Chakra alignment, hypnosis, Reiki, spiritual healing, use and practice of many divination techniques such as the pendulum, I-ching, Runes, Tarot, Cartomancy, as well as many other topics.

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There is no cost to attend, however you must call (207) 571-4005 to reserve your seat.

Cable Advertising

Television advertising can be expensive for a live commercial but very lucrative if you can swing it. I have had much luck in using the stationary pages on cable TV that we call the community bulletin boards. They are a page that had still advertising that changes every 15 to 30 seconds. Every time I ran ads on these kind of bulletin boards I got many sessions signed up as a result. People seem to see your ad if it is eye catching enough as they surf the channels from station to station. Many people just read them to see what is going on in the community. They are not very expensive and sometimes you get good deals for 3 or more months.

Radio

I personally have not had much luck with radio advertising except in the area of group smoking cessation and weight loss sessions. I have however found that if you can get a radio station to interview you for what you are doing, that can go a long ways in letting the public know you are in town. You may want to offer them a gift certificate or free session to give away on the radio which will get your name mentioned or you may want to send them press releases of new and exciting things you are doing in your area of expertise. I have even conducted a few sessions on the radio as a promotion which got the word out there for free.

Get to know your local radio stations and D.J.s. Let them know that you are the authority in the area. It will help you in the long run.

Newspapers

News paper seems to be the versatile and affordable, bread and butter of advertising that I‘ve found. Aside from the press releases we mentioned earlier, newspapers can be a very good venue to get your message out. Just because a newspaper is the largest however does not mean it is the best one for you to advertise in. In my area I find the smaller papers a better value financially and they hit my

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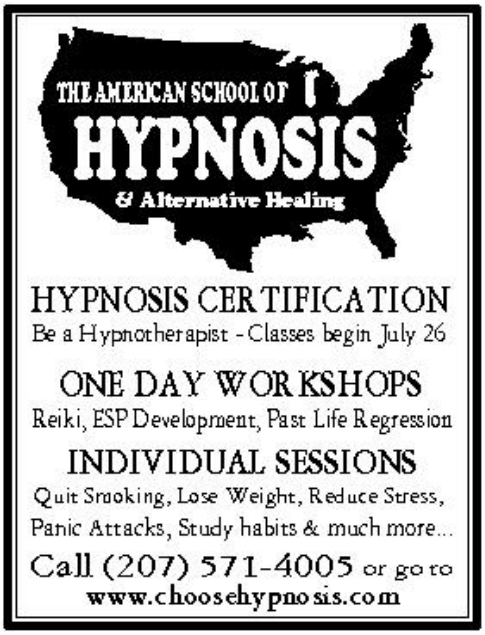
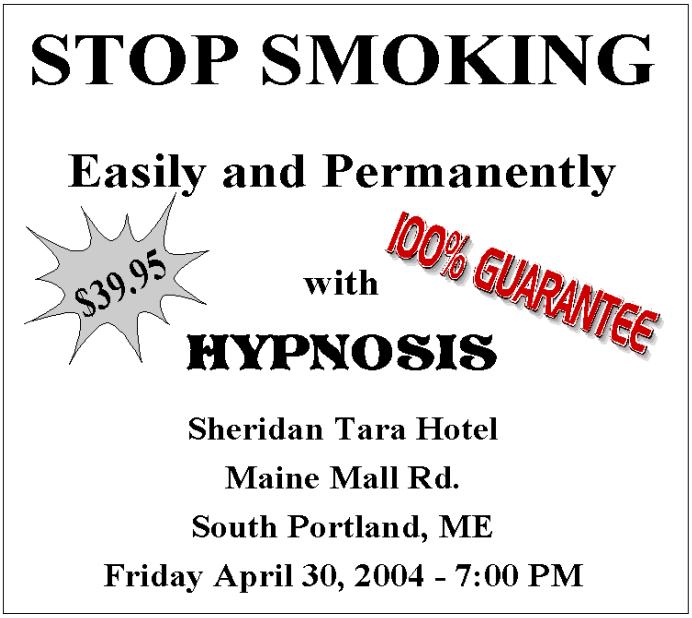
target audience better. Check around to see where you can get the best rates and who offers you deals on occasion. I have found that once you get to know the editors well enough, they can be a big help in your advertising campaign.
Here are some of the ads I have placed with my local papers:


THE AMERICAN SCHOOL OF
HYPNOSIS
& Alternative Healing
HYPNOSIS CERTIFICATION
Be a Hypnotherapist - Classes begin July 26
ONE DAY WORKSHOPS
Reiki, ESP Development, Past Life Regression
INDIVIDUAL SESSIONS
Quit Smoking, Lose Weight, Reduce Stress,
Panic Attacks, Study habits & much more...
Call (207) 571-4005 or go to
www.choosehypnosis.com

FREE
FREE
CONTACTING BEYOND
YOU'RE INVITED
GUIDED MEDITATIONS IN;
• PAST LIFE REGRESSION • CONTACTING SPIRITS
• TAROT, I-CHING, RUNES • ESP DEVELOPMENT
• SPIRITUAL HEALING & much more . . .
Every Wednesday Evening 7:00 - 8:30 PM
Hampton Inn, Industrial Park Rd., Saco ME
(207) 571-4005



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CONTACTING SPIRITS

Rene A. Bastarache of Biddeford, Maine, is seen here conducting a new program called "CONTACTING BEYOND". Unlike other programs where the host speaks to the other side for one or two audience members, Rene guides entire audiences to contact, meet and speak to their loved ones directly. Afterwards discussion is opened to the audience where they describe what took place for them. Many have spoken to their departed spouses, children, parents and grandparents. Some are given personal advice and important messages while others are just happy to visit and be told that all is well with them. These contacts are amazing to witness, and especially to experience. Weekly group "Contacting Beyond" meetings will be beginning on Wednesday evenings Sept. 15th from 7:00 - 9:00 P.M.. If you would like to reserve your seating or host a showing for your organization call (207) 571-4005. Seating is $10.00 per person.

By R. Burur

Public Speaking Engagements

There are many nonprofit clubs out there as well as women's and gentlemen's clubs. Each of them that meet on a monthly basis are looking for speakers of some sort to speak to their membership. Hypnosis is an interesting subject and something that they are very interested in hearing about. These usually do not pay anything but are great public relations and advertising concepts. I have always gotten session bookings as a result of these and in many cases even gotten entertainment bookings for comedy shows. Remember, the memberships of these clubs are usually made up of the leaders of the communities. These are great people to be networking with.

Web Pages

Web pages are a great source of advertising and most of my business comes from the net also. I have been fortunate to have learned to build web pages and am able to create my own. If you are not able to do so there are many companies that can do them for you for a very reasonable rate. Be sure to research them first to make sure they know what they are doing. Look at some of their past jobs and speak to the owners of the pages to ask of their success. The most important thing in having a web site is site placement obviously so you can get your site in front of as many potential clients as possible. If you do not have very good placement at the present time you may want to check with some of the pay per click companies out there to help you. One that I have had great success with is called overture and you can see

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all the details on how to use them and their rates at www.overture.com. There are other similar companies available and you can find them by performing a search on "pay per click" as a heading.

Another point about web pages … it is always better to have your own domain name rather than one of those FREE ones you get with your server that is a mile long. Choose something easy to remember and that goes well with your business. They are not very expensive at all. Use your web address on all your advertisements and especially on your business cards.

Here are a few of my web pages that I have created that may give you different ideas on how to build yours.

http://www.choosehypnosis.com/
http://www.choosehypnosis.com/school_for_hypnosis.htm
http://www.choosehypnosis.com/session.htm

E Mail

Any clients that you have had dealings with in the past are good candidates to put on your e-mail mailing lists. If you have a web page you may want to have an opt-in section where people can join your mailing lists for future information on your products.

When using e-mail it is important not to send spam mail or unsolicited bulk e-mail. The results of doing either of these can be very negative. Be sure that any e-mail you do send has authorization of some sort. It is good to enter a link at the bottom of the e-mail to give people the opportunity to be taken off the list.

Direct Mail

Direct mail is one of the best menus for advertising to targeted audiences. You can use direct mail to send advertisements, flyers, specials, or anything you would like to inform the public of.

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How long should your letters be? They should be as long as it takes to get your point across. Make sure all your mailers are neat, professional looking, and most importantly get directly to the point. It doesn't matter if your mailer is one page, two pages or even three, as long as the client understands as a result of reading it what you are offering and why they need to have it.

Your letter should always ask them for something. They should either ask for the sale, for an order, for them to go somewhere such as a web site or do something such as write to you or make a call. There should always be some kind of action needed to be taken on their part, by a certain time period if possible. There is nothing more annoying than reading a three page introductory letter on a certain product, and when you have finished reading it you have no idea what they are asking for or offering.

In each letter that you write be sure to include a P. S. at the end of it, and even a P. S. S. if possible. People will always read these, so whatever you include in your P. S., make it something important and what you want to have understood.

You can either use your own list of clients to mail to or you can go to one of the many yellow page directories on the net and punch in the type of the business of clientele you are looking for and as a result they will give you many addresses and even phone numbers that you may contact. Most major search engines have their own yellow page directory. The one that I get the most use out of is the Yahoo yellow page directory. You can find it here: http://yp.yahoo.com

P. S. Notice that you are reading this.

On the next page you'll find a sample of a flyer that can be used to send out in a mailer for a past life regression audience.

P. P. S. You are reading this one too. Pretty effective, don't you think?

Brochures

Brochures are an excellent way to describe your product as a first point of contact. You should have a different brochure for each different product or program you offer. Keep in mind that the first few seconds that someone sees the brochure will

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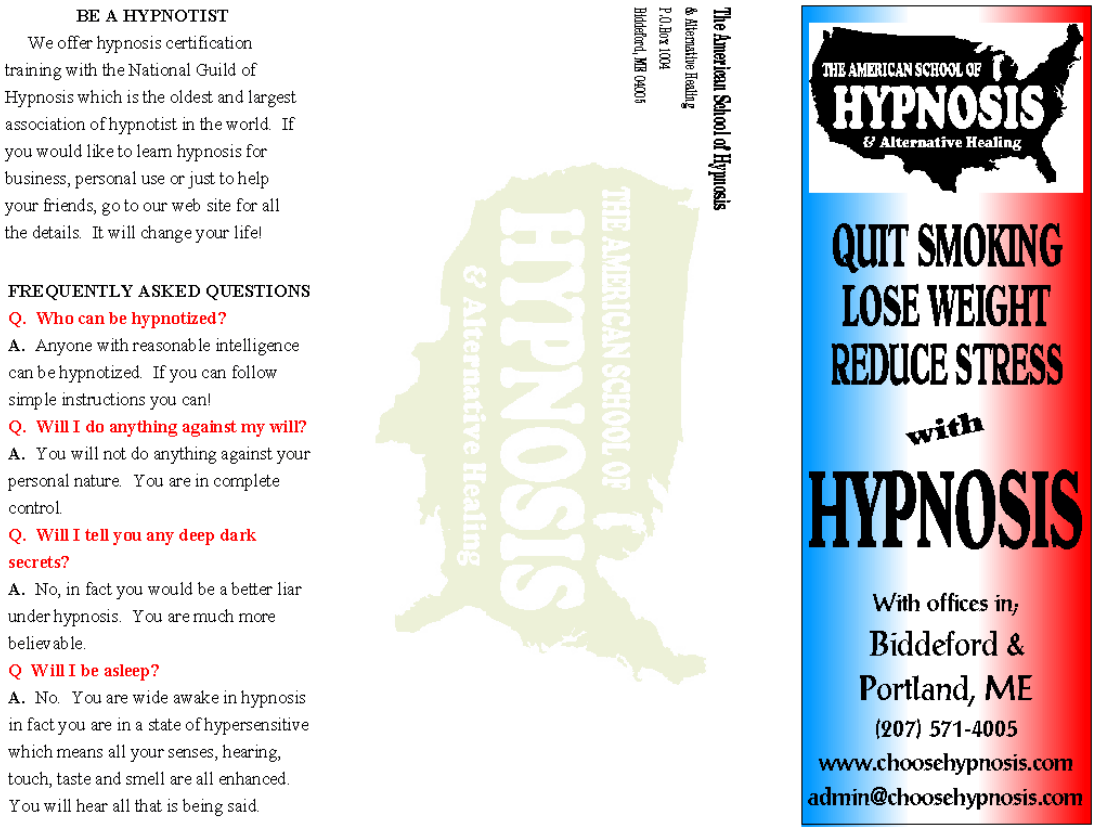
determine whether they will read it or throw it away. Therefore make it interesting and easy to read covering all of your best features and benefits. There are many computer programs that have brochure making capabilities.

Below you'll find one of the brochures that we have created for conducting clinical hypnosis.



BE A HYPNOTIST

We offer hypnosis certification training with the National Guild of Hypnosis which is the oldest and largest association of hypnotist in the world. If you would like to learn hypnosis for business, personal use or just to help your friends, go to our web site for all the details. It will change your life!

FREQUENTLY ASKED QUESTIONS

Q. Who can be hypnotized?

A. Anyone with reasonable intelligence can be hypnotized. If you can follow simple instructions you can!

Q. Will I do anything against my will?

A. You will not do anything against your personal nature. You are in complete control.

Q. Will I tell you any deep dark secrets?

A. No, in fact you would be a better liar under hypnosis. You are much more believable.

Q Will I be asleep?

A. No. You are wide awake in hypnosis in fact you are in a state of hypersensitive which means all your senses, hearing, touch, taste and smell are all enhanced. You will hear all that is being said.

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EVER WISH YOU COULD . . . **quit smoking ... lose weight ... reduce stress ... eliminate your fear of spiders, heights, needles or even of the dark ... reduce or eliminate pain ... have more energy ... become more creative and open minded ... or improve virtually any part of your life or the lives of your loved ones? Then you are reading the right brochure!**

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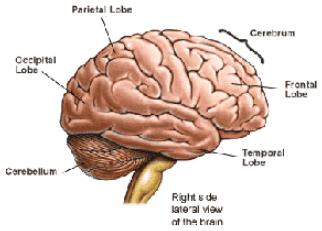
SEMINARS & WORKSHOPS
In Hypnosis Reiki, Past Life Regression, Divination Tools, & Contacting Spirits. See schedules at www.choosehypnosis.com

Rene A. Bastarache C.Ht.
Is a certified hypnotherapist and instructor with the National Guild of Hypnosis and the director of the American School of Hypnosis & Alternative Healing. Rene, a native of Biddeford, Maine, specializes in group sessions, seminars and workshops in hypnosis certification and many of the metaphysical fields.

CAN IT WORK FOR YOU?
Anyone can be hypnotized if they
1. Want it to happen.
2. Are open to suggestion.



The sub conscious mind is the most amazing computer in the world. We only use approximately 5% of our mind. It is the other 95% that is being utilized with hypnosis. If you are open to suggestion and sincerely want to improve in your specific area, then you meet the necessary requirements for success. Hypnosis has the highest success ratio of any means available for smoking, weight loss and for many other subjects. If you have never tried hypnosis, try it today to effect positive changes in your life!

QUIT SMOKING easily & permanently without gaining weight or withdrawals.
LOSE WEIGHT once and for all without the yo-yo syndrome and constant cravings that are associated with dieting.

Raluca E. Bastarache C.Ht.
Is a certified hypnotherapist with the National Guild of Hypnosis. She is from Bucharest, Romania where she was a professional opera singer and also is fluent in five languages. Raluca specializes in clinical hypnosis conducting individual sessions in weight loss, smoking cessation, stress reduction and many other topics.

Business Cards

If you have a business you should have a business card. Business cards are necessities to let the people you contact know what it is that you do. There are many forms and types of business cards available. You may choose from single sided cards, double sided cards, picture business cards and even double sized cards folded in half. They're limited only to your imagination and should reflect your personality and products you carry.

As a minimum, your business card should include your name, phone number, how to contact you, and a brief description or headline stating what it is that you do. If done right, people will keep your business card for a long time. Many business people carry a separate case just to hold their business cards so they can refer to them in the future. If you would like people to keep your business cards for a long time you may want to include something on the back that is worthy of your client to keep such as a calendar which many people will keep in their wallets, or any other kind of

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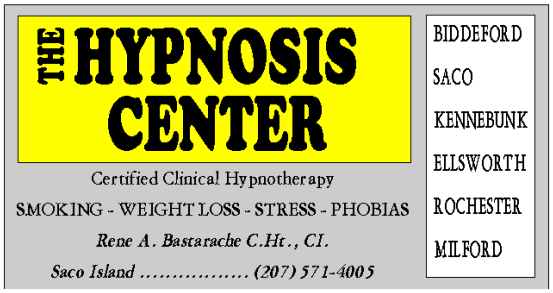
informative item, or even something of humor. When I first began in business I use to handout magnetic business cards with my picture on it, and found some 12 years later that people still had them on their refrigerator.

This can be one of your best advertising ideas because people will always know how to get in touch with you.

Below are a few samples of some of the business cards that I have used with my businesses. You can find many computer programs that will help you in creating your own business cards or many local print shops where you can have them professionally made.



YOU ARE INVITED
Group Guided Sessions
Contacting Departed Loved Ones
Wednesday evenings beginning
Sept 15th., 7:00 - 9:00 PM
$15.00 per person - seating is limited

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Professional Networking Clubs

Networking clubs are a great way to get the word spread in your community that there is a new business in town. Most cities and many towns have one or two networking clubs that meet on a weekly or monthly basis. These are a group of individuals who own their own business in many cases that come together to meet on a weekly basis to share with each other what it is they do. There is quite a turnover of membership in most of these clubs, as new members are constantly coming in. The purpose of these clubs is to share ideas and most importantly "qualified leads" with each other. There is usually a segment of the meeting where everyone has a few moments to stand, introduce themselves and described their business and what they do. Once everyone has gone around the room and spoken, there is usually a short meeting of sorts and the remainder of the time is spent mingling with each other. This is a time where you would introduce yourself to each individual who you feel could use your services or can help you in your marketing campaign. There may be some services that these members offer that you can use. It is a good idea to take as many business cards from these people as possible and also hand yours out, because during the week as they speak to clients, if they find someone who needs something that you have to offer, they'll have your business card on hand and can refer these clients to you. That's what this is all about, a referral networking concept. If you are trying to find a local networking group in your area, a good start would be to call your City Hall or local Chamber of Commerce and aske them if they know of the locations of any.

Another form of networking group that can be very beneficial to you is to join your local Chamber of Commerce. Once a member of the local Chamber of Commerce, you'll be able to meet on a monthly basis with most of the leaders in your community during meetings that they call "Chamber after Hours". Usually you'll receive a packet with many benefits included in it for new members, and one thing that will be very beneficial in being a new business in your area is you can have the leaders of the chamber come to your location and have a grand opening ribbon cutting ceremony. This usually always makes the front page of your local newspaper. It is also a service that the chamber offers for free in most cases. Throughout most of my career I have usually been a member of anywhere from three to five different chambers at a time. It has been a great way to let people know about my business.

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Phone Calls

If you're going to make phone calls to solicit sales or memberships in your programs, prepare before you make the call to know what you are going to say. You don't have to read word for word off a script but it is a good idea to have one should you lose your place or become confused during a call. It is also a good idea to think of the possible objections your callers may have so you can prepare rebuttals in advance. It is most important when you make the calls to be positive minded and keep a smile on your face. This may seem silly however if you are smiling while you are talking it really seems to come out in your speech. Be sincere … don't be phony. (no pun intended)

Remember, phone calling is a numbers game, you may get some negative responses, but keep on calling to attain your goals. You will eventually find the response you are looking for.

When answering your phone, always get in the habit of answering it on the second ring. This way you do not seem too anxious. If you wait for three or more rings, you may get a hang up for waiting too long. Answer your phone in a professional manner and above all, always be courteous.

Use of Testimonials

Testimonials of any sort are a great advantage in marketing any program. Whenever someone is looking at your product they are always concerned if they will get out of it what they expect to. By reading or hearing the testimonials of others it helps to set their mind at ease. Whenever you can use a testimonial from one of your clients and place a picture beside it, this makes the testimonial even stronger because now they can place a face, "a real person", to the words they are reading.

Testimonials should be used in web pages, on information CD's, in all your mailers, fliers, on brochures and just about anything else that you send out. You may even want to start a web page of testimonials that your clients can be referred to if they need to have more. Here is an example of a reference web page: http://www.choosehypnosis.com/reference_page1.htm You'll find that if you are competing against another company with your product that a good quality testimonial

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can make the difference whether you are chosen or not.

Below are a few examples of several of the testimonials that I use along with a letter of testimonial.

"Hello, I'm Richard Anderson and I attended one of Rene's classes in 2004 and I was very impressed with Rene's mastery of hypnosis and his easy approach of teaching his art. I would highly recommend this course to anyone interested in learning hypnosis in a rapid and concise way."

Richard Parks Anderson - Ellsworth, ME

"Research showed me that the American School of Hypnosis is just the most solid organization in the whole world. It has been years since I was at any school and I expected a class-setting but also an authoritative way of teaching. The way Rene taught was different than my expectation. Rene taught in a very liberate way, hands on and very explanatory. Any time I would have a question, Rene would take the time to explain how and why. It was a very nice experience. I would like to thank Rene and Raluca for their nice course and their hospitality."

Dieuw Thonet - Laconia, NH

"This course filled my expectations beyond belief. It helped me understand what hypnosis really is and understand that life is hypnosis, that the world revolves around hypnosis. The price was one of the things that attracted me towards this course. The author, (Rene) is very competent and knowledgeable! I recommend this course to anyone."

Dr. Manuel Simet - Allentown, PA

"Rene was able to explain hypnosis in an easy way for anyone to understand. Being a college graduate I have learned more things about myself with this manual than I have learned in four years of college."

Benjamin Demchak, - *Archeologist - Pittsburg, PA*

"Rene is the most entertaining instructor I've ever had. The course went by so fast but it was very thorough and I am amazed at how many myths I had myself. Learning the course I am very confident that I can help people because of the way Rene taught. Why the medical profession isn't using hypnosis more is sad. Thank-you Rene and Raluca and many blessings."

Wanda Ouellette - Houlton, ME

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"Don't look at yourself as a
human being having a spiritual experience
but a spiritual being having a
human experience."

Pierre Teilhard de Chardin

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CHAPTER 22

METAPHYSICS

"Hypnosis or "suggestibility" is the basis of everything from meditation, sales, higher learning, healing, Shamanism, Yoga, guided imagery, Reiki and even prayer. It can be seen everywhere, everyday, and affects us all, but so little is understood about it.

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METAPHYSICS

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Hypnosis is everything!

As mentioned earlier in the manual, the definition of hypnosis is simply being open to suggestion. *(Non critical and open minded thinking)*

Everything around us was first created in the mind before it became a reality, from the largest architectural structure to the smallest electrical component. It had to be a thought in someone's mind, an idea first, and then acted upon and physically created for all of us to see and enjoy.

The physical world is merely a representation or display of our minds. An expression of our innermost thoughts.

Even our language is a means to express our thoughts and in many cases does an inadequate job. How many times have you not been able to find the right words to express yourself?

So everything in this physical world (which we'll call "this side", has it's mental counterpart "on the other side"), but the mental counterpart, which was created first, is more complete, accurate and precise. It is as it *should be* … and on this side, it's accuracy is dependent on the materials we have at hand to create it.

The conscious mind is just 5% of our mind. It is the analytical, the judgmental, the feeling and the reasoning mind. The subconscious is 95 % of our minds. It is where everything originates, our deep and creative thoughts, our desires and our intuition. It is a place of meditation for Eastern society, prayer for Western society, and spiritual studies for the metaphysical minded.

Knowing all of these aspects … which is reality? Our conscious interpretations of our minds … or our subconscious? This side or the other?

The Eastern world has known for years that the road to enlighten, truth and answers, lies within. They call it the universal consciousness or the oneness. We are now seeing that trend of thought taking hold here in the West also.

In times of trouble, stress, or need, we turn inward to the subconscious with meditation, prayer and spiritual guidance. Even the business world has begun to catch on by realizing if you condition your mind to success, you will attain it. In the

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bible says “as a man thinketh, so is he”.

How many times have you heard your parents, others and even heard yourself saying on occasion, “Be careful what you wish for, you may just get it.” or “Be careful what you pray for, you may just get it.” What you create in your mind becomes reality. This is why positive thinking courses, seminars, books and CD’s are so popular.

So it seems that whatever your faith or belief system, Eastern or Western philosophy, Religious or pagan, you may take an entirely different avenue but all roads seem to lead to the same path … the subconscious mind. That 95% of unchartered space, that place of mysteries and miracles where life truly seems to exist.

The journey begins

In this chapter on metaphysics we will be working primarily with this subconscious part of the mind. The subconscious mind works according to our imagination, our thought process. When in a deep state of hypnosis or relaxation it is vital to keep an open mind. Let your imagination roam free and accept whatever comes to you whether it seems legitimate or outlandish. Remember, our subconscious works on an entirely different set of principles than the conscious. Things on *the other side* will not look as they do here in the physical world. Since we only see here the representations of our thoughts according to materials that we had to create it. In the world of imagination, no materials are required, so things will seem magnificent, stellar, or larger than life, and as stated earlier … exactly as they should be.

The spirit world, the metaphysic world, the hypnotic state, our place of dreams, the other side, and our subconscious minds are all one and the same place. They “all” work according to our imaginations. When you imagine something there, it is reality. If your imagination, imagery and belief is strong enough, if you can project your thought with conviction, it can become a reality in the physical world. This is how prayers are answered, desires are granted, dreams come true and miracles occur. Are they being granted by the universe, God or another higher power or your imagination? The answer to that is “yes”. We are granted according to our belief system. In the spirit world some people see spirit guides, some see angels, some see

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animal guides and others departed relatives. Our reality on the other side works according to our belief and desires.

Something that I've always found interesting is the concept of near death experiences. I had the opportunity to actually experience one myself about eight years ago. During a medical procedure at a V.A. Hospital just west of Boston, MA, I actually red-lined on the operating table. I remember hearing all the stories of others that had this happen to them. Most reported seeing a bright light and as they walked towards it they stated that they saw loved ones or angels or spirits coming towards them to greet them. In my experience I saw none of those but instead only noticed that when I was being revived that there was an absence of peace. The extreme peace that I had enjoyed was being taken away from me and for a short time I even noticed myself fighting not to come back so I could enjoy the peace that I had. Of course as you can tell, I did come back and left that peace behind. Why did I not see holy beings, cherubs or loved ones? To each their own belief!

So as you begin your travels and adventures within this metaphysic arena, all you need to keep in mind is to have an open mind, let your imagination soar, don't get hung up on little things and just let yourself go ... There is no right way or wrong way to do things in this world. No two people are the same. They all experience things differently. Some are extremely visual and will see amazing sights even on their first journey and others are late bloomers like I was and may not experience anything until after their eighth or ninth attempt. Just be patient, and keep that open mind and you too will eventually get there.

I am reminded of one of my past hypnotherapy students. Anita had come to many of my metaphysic and past life regression workshops that I conducted in up in Maine. She purchased one of my CD's on Past Life Regression and listened to it almost every day religiously for about 2 years with little success. She said that she was always stuck behind a door and never able to get past it. She got so frustrated at times that she would actually get mad at me. I found out about this two years later when our paths crossed again as she asked me for another CD because hers was just worn out. We did a little individual work to help her get past this door with hypnosis. Her next session was a major breakthrough and from that point forward she has blossomed as one of the most spiritual dynamos that I have ever met.

On the following pages you will find some various scripts on different journeys and other things. These can be used in individual sessions as well as in group

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presentations. You can even read them onto a recording device and play them back to yourself to experience the journey personally. Each session has a brief description before the actual script.

Before you use them with your clients it is imperative that you read through the specific script(s) on your own before the sessions so you are familiar with the materials and there are no surprises while in the middle of the session.

ESP development

This next script is great for developing your ESP skills. Like any muscle in the body, the more you exercise it, the stronger it becomes. Many of us have never exercised our "psychic muscle" but expect to experience everything the first time… Be patient, open your mind, and listen to this one often.

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ESP development *(metaphysical script)*

(A.S.H.)

Everyone has psychic abilities. The difference between practicing psychics and those who do not appear to have ability is practice. And from now on you will practice and exercise your psychic muscle on a daily basis. The more you practice the more your psychic abilities will increase. Just like any other muscle or ability if it is not used it remains dormant. From now on you are using your psychic abilities.

You begin this by being aware of all that is around you. You are in tune with your feelings and your intuition. You follow your intuition which is that small voice from within that helps and guides you. You are no longer affected by negative. You enjoy all that life has to offer you. The happiness, the good moments, the good feelings. You accept people as they are and do not try to change them. You allow them to be themselves. You constantly work on your karma keeping it positive. You remain spiritually centered at all times, relaxed, emotionally calm, mentally focused.

You realize that you create your own reality. You are open-minded to all things and follow your own intuition. As you follow your intuition your psychic ability begins to increase more and more. You are open to the guests of the universe and allow it to help you in your growing process.

You listen to your inner self. Everyday your awareness increases and you receive many premonitions of things. You have the total ability to concentrate 100% upon the subject of your immediate focus such as pleasure, business, meditation or the use of divination tools. You keep your mind calm like water.

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Wisdom from your intuition

Your intuition is that still small voice that you can use to guide you through all of life's challenges. If you become aware of it and develop it you will find it to be a strong guide to you as well as the starting point of developing your psychic ability. The area that you first feel your intuition, or still small voice is known as the Hara. The Hara designates the part of the lower abdomen and pelvis region near the genital organs. It is an area located one and a half inch below the navel and one and a half inches inward toward the spine. This point also happens to be the body's central axis *(center of gravity / balancing point)* . The word Hara literally translated means belly. Energy (chi) is stored in the hara where it is heated before spreading throughout the body - hence a warm glowing feeling. Energy may also be directed at will to whatever task is undertaken. *(For more information on hara see the dictionary)*

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Wisdom from your intuition *(Script)*

By Rene A. Bastarache, CHI

Take a deep cleansing breath and as you exhale allow yourself to relax completely … Now take a second deep cleansing breath … and as you exhale just let yourself go … Now take a third deep breath … and as you exhale let your entire body relax and your mind become quiet … Allow all your thoughts to just fade away ... Each time thoughts come into your mind you allow them to leave … and fade away … just let go of them.

I would like you to focus your attention on a certain part of the body that is called the Hara …. This is the area that is about 2 inches below your navel ... I would like you to imagine that your wisdom comes from this place ... The place on intuition … From this wonderful place you may ask yourself any question you like … or bring out anything that may have been concerning you ... You are in fact asking your "inner self" the question or questions that are important to you ... This is the part of yourself that wisdom comes from ... It is important that after you ask yourself the question, that you remain quiet for a moment … and listen for the response from your inner self ... As you take this time to listen, pay attention to any sensations you may receive ... Pay close attention to your intuition … to any thoughts … feelings … or sensations that come to you … Continue to relax quietly … paying close attention for a response … until you feel that you have received your answer …. or that your task is complete ... Once you have received your answer, take a few moments to think about the answer and to memorize it … so that when you open your eyes your answer will still be fresh in your mind ... I will be quiet now so you can ask the questions … and listen for the answers … Once you have received your answers, and you are finished … then I would like you to simply count to yourself quietly from one to five … then just open your eyes once again ... So go ahead now and continue on your own taking your time ... (give them approximately five to six minutes to continue on their own. If after that amount of time they have not begun to come out of hypnosis, then gently count them out of hypnosis on your own.)

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Past Life Regression

Have you ever experienced deja-vu?
Have you ever met someone and felt you've known them all your life?
Have you ever felt that you knew what someone was about to say?
Are you drawn to other times and places?

The concept of past life regression has become a very popular topic in society today. Belief in reincarnation dates back as far as 4000 BC. The idea of regressing to a past life in order to help you to progress, heal or even to better understand your present life is a marvelous insight. It is spoken of on a daily basis on television talk shows, movies, newspaper articles and even the radio. There are many workshops, courses, private sessions and books available on the subject. Each one seems to put it's own twist on it.

THE CONFUSION

Just as with the topic of religion ... there are more religions in the world than there are pages in the Bible. Each one claiming that their way is the right one. Past life regression unfortunately has much of the same problem. So many Spiritualist, Hypnotherapist, and various so called Regressionist all claim they have all the answers. You see this by the numerous books written on past lives, the spirit world and it's many levels or degrees, and various concepts in reincarnation. Which is the right one? Who knows? Just as with anything of a spiritual nature ... we probably won't know for sure until we cross over and become permanent residents ourselves.

You can use a past life regression to discover your own conclusions on …

Why you have certain goals and behaviors?

Why you have feeling towards certain people?

Why you have certain habits?

Why you are drawn to specific items, places, people, events, or even foods?

See what negative habits are similar in different lives so you can learn from them .

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See what hidden talents you have had that you can maybe continue in this life.

What kind of person were you?

What kind of careers did you have?

Who loved you?

What did you die of?

Were you famous?

What parts of the world did you live in?

Are you an old soul or a young one? . . . and much more according to your creativity.

This script will take you on a wonderful journey. It can be used over and over and each time your client can choose a separate experience. You will want to begin with A induction, a deepener and a regression to the past that will end up at a door of beautiful white healing light which is where this script begins. As they step through the door they will meet their spirit guide or guardian and then travel onto a journey that can lead to either the past, present or future should you choose to change it at a later session. In the specific life they choose they will come to two separate timelines in that life and then experience their death scene. NOTE: Be sure they are in pseudo regression and NOT true regression for this journey. Instructions on how to do this were covered earlier in this manual. After the death scene there is a great part that is used to leave any negative baggage from this life back there. It really gives them a feeling of freedom if used effectively.

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Past Life Regression (*Script)*

By Rene A. Bastarache, CHI

In just a moment you are going to step through a beautiful white light ... This is a warm, healing white light that makes you feel very cozy and happy ... and especially more relaxed than you could have ever expected you could be ... Now experience yourself moving through this white light ... Feeling anxious to see what's on the other side ... and as you pass through the light ... you find yourself out in the country on a beautiful sunny summer's day ... You are standing on a path, going through the forest and flowers ... such a happy colorful place ... It seemed just like the ones you read about in fairy tales ... perfect in every way ... As you walk down the path you notice that just up ahead is a small bridge, going over a babbling brook ... On the other side of the bridge, the path splits off into three different directions ... as you approach the bridge, you notice that someone is standing on it, blocking your path ... This person seems mysterious ... as he or she is wearing a long full length robe, and their head is covered with a hood ... You wonder who it is as you get closer ... It is a brown robe made from a very fine material ... you feel good about this person, and as you finally arrive, right in front of this guardian of the bridge ... and look into the hood ... you realize that you recognize this person ... and that they are here to help you ... to guide you through this journey, and protect you ... This person also has magical powers, and can cast a sphere of protection around you ... and as this person does that, you notice that it is a clear sphere ... in the shape of a large bubble ... You know that it will protect you throughout this journey to come, and will stay with you until you are back ... This person, your guide, reminds you that wherever you choose to go from here, you will be safe, and will not experience anything first hand ... instead it will be as if you are sitting somewhere, watching your journey unfold in front of you, like on a movie screen ... You thank them, and are finally allowed to pass ... As you approach the three paths, you notice three signs labeling each one... The one on the right says past ... the center one says present ... and the one on the left says future ... You decide to go to the one on the right, and proceed along your journey ... You notice up ahead that there are smaller paths going off of this main one on either side, each one seeming to disappear into a white blanket of fog ... You realize that each one of these paths represents a different life that you may have had ... You decide to walk down the path, until you feel one path is beckoning you ... or you just feel that you have a desire to go down one ... You choose that path, and enter the comfortable fog, realizing you are safe ... As you emerge on the other side of the fog, you find yourself in a past life ... Just feel for a few moments all the sensations around you ... I will be

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asking the questions, to help you with your journey, and the first thought, or impression that comes to mind is the right one ... Don't try to analyze it or think critically of it, just let it happen ... So get an idea of where you are now, your surroundings ... Take in all the feelings, the sensations ... First of all, where do you think you are right now ... Is it light or is it dark ... Is it cold or warm ... Do you think you are indoors or outdoors.... Once again remembering the first impression that comes to you is the right one ... Get a feel for yourself, does it seem as though you have anything on your feet ... If so what is the texture like ... what do you think you are wearing ... What about clothing, if you have clothing on, describe them as much as you can ... How tall are you? ... How old do you think you are? ... Are you male or female? ... What color is your hair if you have any? ... your eyes? ... What are you noticing around you? ... Are there any landmarks or things that would give you an idea of where you are? ... or maybe even what year it is ... Describe your surrounding to yourself in detail ... If you are outdoors ... what's there? ... What can you see? ... If you can't see much, then walk a little ways to see if you can see more there ... If you are indoors, describe everything you see ... If there is not enough for you to get an idea where you are, then walk over to a window or an opening, somewhere where you can see outside ... Is there anyone there with you? ... What do they look like? ... Describe them ... Who are they? ...

Now take a deep breath ... and as deep as you can, and as you exhale just relax completely ... I want you to feel yourself going ahead a few years now in the same life if you can, alright now stop ... and wherever you are, get a good feeling for yourself and your surroundings again, and answer to yourself the same kind of questions that I asked you earlier ... First of all, where are you now? ... Is it dark or light? ... Is it cold or warm? ... Do you think you are indoors or outdoors? ... Get a feel for yourself ... Does it seem like you have anything on your feet? ... What do you think you are wearing? ... How about clothing, describe them as much as you can ... How tall are you? ... How old do you think you are? ... What color is your hair? ... Your eyes? ... Who are you? ... What do you think your purpose is? ... What is your name?... What do people address you by? ... What are you noticing around you, are there any landmarks or things that would give you an idea where you are? ... Or maybe what year it is? ... Where do you live? ... Imagine your dwelling right in front of you ... What does it look like? ... Describe your surroundings to yourself in detail right now ... If you can't see that much, again take a little walk to see if you can see more ... If you are indoors, describe everything there ... You may even want to walk to a window or an opening to see what is outside ... Is there anyone here with you? ... What do they look like? ... Who are they? ... Describe their face ... Their mouth, hair,

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eyes ... Look deeply into their eyes ... Do they remind you of someone you might know? ... Who are they in relationship to you? ...

Once again take a deep breath ... as deep as you can ... and exhale and relax ... I want you to move ahead again, just feel yourself moving ahead in time ... and I want you to stop approximately a few minutes just before your death scene ... Whatever you died of ... remember you will be viewing this as if you are sitting someplace comfortable, watching yourself on a movie screen, so you will feel no discomfort, or pain, or anything negative whatsoever ... You will just be watching it on a screen ... So bring yourself now to just a few minutes before your death scene ... Get a feeling for what's going on around you ... Sensations, sounds, smells ... What do you see? ... Where are you? ... Is there anybody there with you? ... If so who are they? ... What kinds of things are they saying? ... What are you dying of? ... Describe yourself wherever you are ... What do you think is wrong? ... What kind of thoughts are going through your head right now? ... Feelings? ... Is there anyone close to you nearby, relative, loved one? ... Who is it? ... Once again describe their face to yourself, look deeply into their eyes ... Do you recognize them as anybody you might know in your present life? ... Do you have any regrets, anything that you feel you might have wanted to do differently? ... Are there any nice things, or things you'd like to remember, or bring back with you? ... Reflect on your life ... Is there any lessons you can learn, or is there a "moral" to the life? ...

Take a deep breath ... and exhale ... and imagine a large door of light right in front of you ... warm, comfortable, inviting light ... Go ahead and step through the light now leaving that life behind ... As you step through the light, you are coming to a comfortable, relaxing, wonderful place ... If there are any memories you want to keep from this past life ... Any good things, you can take them with you ... If you have any negative thoughts or feeling or any negative baggage from your present life ... you can leave it back there, you don't need it ... Bad thoughts, anger, hatred whatever it might be, just throw it in that past life and leave it there before you come back ... You turn away with your back to the light and you see that path in front of you once again you came down initially, and you go back down that path heading back to the present time and place ... walking down the path going back to the bridge ... at the top of the bridge you see your guardian back there... Walk up to guardian ...you can take a few moments if you'd like to speak to your guardian ... to ask any questions ... to learn from your guardian ... or even to reflect on some of the circumstances and things that you experienced from this past life ... take a few moments now to speak to your guardian .... *(Pause for about 1 1/2 minutes)* ... At this

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time you can say goodbye to guardian ... and thank them for helping you and protecting you, throughout this journey ... As you go back down the path through that other door of light ... that you initially came through ... walking through the door of light, you come out on the other side ... and you feel yourself coming back to the present day and time, seeing the calendar moving back a day at a time, a month at a time, a year at a time, five years at a time, all the way to the present date ... The calendar slows down, and you find yourself right back ... To today's date and time... Right back here feeling wonderful and refreshed from the journey.

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Creating a spirit room

This script was originally created for helping abuse victims and others in need of a place to resort to so they could feel safe. It is a private room created by your client that no one knows about that they can go to any time they want simply by giving them a post hypnotic suggestion to take a deep breath and saying relax now as they exhale. Doing this is a form of self hypnosis for them too.

Throughout the years I have found this script helpful in the metaphysic arena too. It is a great starting point for any spiritual journeying and an ideal location to use for contacting spirits. It can be made to be a safe and secure place where they can comfortably conduct one of many different tasks. It is a room of meditation, prayer, rest and to relax from stress. It is something that I have used quite often in my own hypnosis practice.

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Creating a spirit room (*Script)*

By Rene A. Bastarache, CHI

I'd like you to use your imagination right now, just imagine that you are in an empty space and you are going to create a beautiful, relaxing, peaceful room. This will be a room that you can resort to any time you like. A safe place that no one else knows about but you.

First of all, I would like you to create the most comfortable chair or piece of furniture that you can imagine. It can be something that you already own, or something you have seen in a store or on television, or maybe even something that you have created in your mind that doesn't even exist yet. Just create the most comfortable piece of furniture that you can think of whether it be a very plush recliner or even an overstuffed featherbed. Create it in your mind right now, see all the details of it, the color, the texture, even experience the smell of it. See it as clearly in your mind as possible. Now imagine yourself sitting or lying on this piece of furniture and relaxing completely as we continue our task.

Imagine the walls of this room. How big or how small would you like the room to be? What are the walls made of? Imagine that you have an open expense account that you never have to pay back so what ever you want to imagine, you can have. You can create anything you have ever seen or maybe even things that do not exist yet. The only limitation you have is that of your own imagination. So once again imagine the walls, are they painted? Are they made out of cement? Or plaster? Are they wooden or glass? Now I would like you to take a moment and imagine what you would like to have for a floor. What is the floor made of? Is it made of wood, cement, tiles, linoleum, sand or maybe even grass? Make it out of whatever you would like. It can also be whatever color you would like. Just see it clearly in your mind's eye. Now how about the ceiling? What is the ceiling made of? You can make it as fancy or as simple as you like. You can even put recessed lighting, or even a chandelier if you care to. Create the ceiling now and make it look however you would like to. You have now created the complete parameters of your room. Look around now and see if there is anything else you would like to add to the parameters of your room before we continue, such as windows, doors, skylights or any other permanent fixtures. Take a moment to finish any of these tasks.

Now it is time to put the other furnishings in the room. What other kind of

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furniture would you like to create in this room that would help it to be a very relaxing, comfortable place for you to be in? Go ahead and create now any other pieces of large furniture that you would like, maybe a bureau, or tables, a desk, vanity, maybe even an easel so you can do some art work. Whatever you would like to create, do it now and see it in as much detail as possible. Take your time and be creative …

Now that you have created the larger furniture, create any smaller furnishings you would like to have in this room. You may want to create some lamps, knickknacks, books, maybe a small bookshelf. Create everything down to the smallest detail, even picture frames, figurines and personal items. Take a few moments now to create all the little things that will make this room comfortable and personal to you. All the things that make you happy, safe and secure.

Now look around at everything you have created in this room and commit it to memory. Look at every detail so that you can remember it at a moments notice any time in the future. Also, remember that you can change this room anytime you like. You can add items, remove items or even change the main features of the room if it suits your liking. So take some time and remember this room as clearly as you can. Any time in the future that you desire to come back to this room you can do so and you'll return to being as relaxed, safe, and content as you are right now. All you need to do to come back to this room whenever you like, is to take a deep breath and as you relax, simply say to yourself "relax now". Immediately upon saying "relax now" you can allow yourself to return to this room. It is a safe place that no one else knows about but you, a place where you can come to when you are stressed and in the need to relax or unwind. You can also come here when you want to meditate, think, pray or need a place to simply be creative.

Another feature of this room is that whenever you are in this room you will always be completely safe from any harm. Nothing can harm you in this room as you are totally protected from all negative. This is also a great place that you can use as a starting point in many metaphysical practices if you choose to. For example, you can invite the spirit of anyone you like to come into this room and visit you, and they will do so. This is your special private place away from the world.

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Contacting spirits (metaphysical)

By Rene A. Bastarache, CHI

Before you use this script insert the "creating a spirit room" script first.

As you're relaxing, I want you to imagine yourself comfortably sitting or lying in that wonderful room that you created earlier. Sitting or lying in your special place … in that private place that only you know about … Just find yourself in that room, look around it ... remember as much detail as you can … remember the colors of the walls ... the floors and ceilings … Remember the furniture, and all the smaller personal items .. and most of all remember how comfortable it is just to sit and relax as you're in that private place where no harm can come to you … you're completely safe … Now at this time, I want you to think about what it is you'd like to find out … are there any questions you'd like to ask someone … what are you seeking … because in this exercise you're going to invite someone … anyone you wish … into your spirit room … anyone from the past, present or future … anyone you wish to speak to that can best answer the questions that you have … or can help you with a whatever situation that you may be in need of advice ... So go ahead and just think of it … remember what it is that you want to find out … what kind of information you would like to learn … or what you would like to see as an outcome of this meeting … Get that fresh in your mind … just think about it … know what your motives are … in which direction you would like to go …. now take a moment and think about who can help you with your situation … maybe you would like to invite a loved one … someone who's passed on … maybe someone who lived long ago who's famous … and maybe can help you in your search for knowledge … Make your decision of who ever it is … and now mentally invite them into your room … right now … just quietly think about them and they will soon come to your room … Visualize them coming to the room … to the outside … coming to the door as you hear them knocking … Remember you will be completely safe at all times … Imagine yourself now walking over to the door … reaching down for the latch … or the knob … and opening the door … you can now see who's there … Happily you smile as you recognize them … and invite your guest into the room … As your guest comes into the room, you welcome them … find a nice comfortable place for them to sit if you haven't already created one for them ... Remember your thought process is reality in this realm. The first thought or feeling that you have is the right one … You both sit down where it is comfortable … opposite each other or side-by-side … Look at your guests … and now is a time to ask your important question of them … the reason you

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invite them here for … Ask your question and then take a few moments until you hear my voice again to listen to their response. Do this now … *(pause for approximately two to three minutes of silence)*

It is now time to say goodbye to your guest … to wish them farewell … You can thank your guest now for the answers and wisdom that you received … and if you didn't have enough time … you can speak to them again and invite him or her back as often as you like any time you want … just go back to this room and invite them again … or anyone else you like …

Just take a moment now to thank your guest … and escort them to the door as you bid them goodbye … open the door … and let your guests leave … close the door once they have left … and you can come back to your comfortable spot … just sit and relax again and take a few moments now to think about the words of wisdom you just received … and how they might help you in your present life *(Pause for a few moments then return them to the present time and awaken them).*

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DEFINITIONS

NOTE: Below are many terms of hypnosis that you may come in contact with at different points of your studies. It is important that you become familiar with all of the terms that are in BOLD print.

GLOSSARY OF TERMS

ABREACTION - The act of reviving the memory of a repressed disagreeable experience and giving expression in speech and action to the emotions related to it, thereby relieving the individual of its influence.

AFFECT BRIDGE - A technique by which significant memories are recovered by inducing an intense emotional state in a client and asking him or her to remember a past instance when he or she felt the same way.

AGE PROGRESSION - advancing the subject's age level while in hypnosis. (future pacing)

AGE REGRESSION - in age regression the subject plays a role acting out past events in the framework of the present. A re-experiencing of earlier events in life usually limited to a specific time or time period.

ANALGESIA - Feeling pressure but no pain, also known as glove anesthesia.

AMNESIA - the loss of memory. The amnesia which frequently occurs in hypnosis may be either spontaneous or induced by suggestion.

ANESTHESIA - Insensibility to feelings of physical pain.

ANALYZATION - studying the factors of a situation in order to determine a solution or outcome.

ANIMAL MAGNETISM - Mesmerism; the principles advocated by Anton Mesmer.

ANIMOSITY - resentment tending toward hostile action.

ANOREXIA NERVOSA - A life-threatening psychoneurotic symptom in which the client, usually a young woman, diets to the point of emaciation. As a rule, the anorexic has a loss of appetite with a loathing for food.

ANXIETY - A painful uneasiness of mind.

AUTHORITATIVE - (parental) forceful, strong, domineering, direct.

AUTO-CONDITIONING - A series of experiments designed for bringing one's subconscious under control.

AUTO-HYPNOSIS - Self-hypnosis; automatic hypnosis.

AUTO-SUGGESTION - Self-suggestions; self talk; suggestions distinguished as coming from someone else.

BLIND SPOT - An area in one's discernment where one fails to exercise understanding.

BRAIDISM - those theories advocated by James Braid.

BULIMIA - The bulimic has an insatiable appetite for food. Bulimia is a psychoneurotic disturbance resulting in a morbid increase of appetite whereby the individual wishes to eat constantly.

CATALEPSY - A condition characterized by a rigidity of the skeletal muscles. Maybe accompanied by a waxy flexibility in which the limbs of a cataleptic individual remains in almost any position they are placed as though made of molded wax. The medical term for

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this phenomena is **cerea flexibilities**.

CATALEPTIC RIGIDITY - Muscle rigidity; number 10 on Davis-Husband scale.

CATALEPTIC TRANCE - The second stage of hypnotic state; medium trance state.

CAUSATIVE FACTORS - Conditions leading to the development of mental and physical disorders.

CLAIRVOYANCE - The ability claimed by some individuals to discern objects not actually present.

CLINICAL HYPNOSIS - The therapeutic use of hypnosis.

COEISM - the principles of autosuggestion as advocated by Emile Coue. (Every day in every way, I am getting better and better.)

COMPOUNDING - If one thing that is stated happens then the next must also be true. Such as "When your finger touches your nose you will drop in the deepest state of hypnosis." Your mind says to itself "I don't think my finger will touch my nose… but if it does… then I must fall into a deeper stage." You are adding suggestions onto suggestions taking advantage of the little wins along the way.

CONDITIONED REFLEX - A reflex that responds automatically.

CONDITIONED SUBJECT - Pertains to a subject who has been conditioned to respond to hypnosis.

CONDITIONING - A series of inductions making certain ideas or things acceptable to the subject's subconscious mind.

CONSCIOUS - State of being aware of an inward state or an outside fact.

CONSCIOUS AUTO-SUGGESTION - The persistence in consciousness of impressions gained through subconscious training.

CONSCIOUS LEVEL CONTROL - The principles of autosuggestion in the waking state.

CONSCIOUS RECALL - memory.

CONTENTION - Which is attention, with a little concentration, without effort (effortless concentration)

COUNTER REGRESSION - The process of returning from a regressed state to a normal state; this is a normal part of returning from hypnosis.

COUNTER SUGGESTION - A suggestion given to counter the effect of a previously given one.

DEFENSE MECHANISM - a mode of behavior, or a belief, adopted by the subject, often unconsciously, to conceal the true state of matters pertaining to oneself.

DELUSION - An irrational beliefs tenaciously held in spite of all evidence to the contrary.

DISSOCIATION - The segregation from consciousness of certain components of mental processes which function independently.

EFFECT - A created condition with hypnotic suggestions.

EMOTIONAL OUTLET - A habit pattern formed to release emotional tension.

ENDORPHINS - Any of several peptides secreted in the brain that have a pain relieving effect like that of morphine. These analgesic chemicals are naturally produced by the body

E.S.P. (Extra-Sensory-Perception) - Perception which is mediated by the sense organs.

EXPECTANCY - If you believe in the positive results, you are in a state of expectancy. It may be a firm belief or a vague feeling that this thing you want will happen. Your expectancy that the suggestion will work plays a major role in goal achievement.

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FACILITATION - The acceptance of one suggestion always aids in the acceptance of another. The persuasive salesperson who forces the prospect to answer many unimportant questions with "yes" before popping the big one is using facilitation.

FASCINATION POINT - The object upon which the subject fixes his gaze in hypnotic method.

FATHER HYPNOSIS - The use of a forceful tone for inducing hypnotic state. (See Paternal Method)

FIXATION - Also called monodeism. In this stage, the subject is literally hanging on every word said by the operator. "Close your eyes and just relax."

FLACCIDITY - A looseness; an absence of tone seen in muscles of persons relaxed in hypnosis.

FORENSIC HYPNOSIS - Using hypnosis to uncover the truth. (ex; Police use for witness I.D.) Legal application of hypnosis.

FRACTIONATION - The procedure of hypnotizing the subject, bringing him to awareness and re-hypnotizing him a consecutive number of times in the same session; an effective means of increasing hypnotic responsiveness.

FREE ASSOCIATION - Spontaneous unrestricted associations of loosely linked ideas or mental images having very little rational sequence or continuity.

GLOVE ANESTHESIA - A loss of sensation in an area corresponding to that covered by a glove. Feeling pressure, but no pain.

GRADING - Suggestions are excepted more readily if they are graded from low to high difficulty. Easy suggestions come before hard ones. As you develop suggestion skills, increase the difficulty a little at a time.

HALLUCINATIONS - A perception arising in the absence of appropriate external stimuli.

HARA - The vital center of the self, the focus of existence. Its basic teaching is simple; to distinguish between body and soul is false; when you see the whole self as a single entity you can attain a higher state of harmony and fulfillment. The knowledge and wisdom of hara are valid not only to the people of Japan and the Eastern World, but it has a Universal human validity. It Is a prime factor of all human life, the realization and study of which is of equal concern to yourself. The hara designates the part of the lower abdomen and pelvis region near the genital organs. It is an area located one and a half inch below the navel and one and a half inches inward toward the spine. This point also happens to be the body's central axis (center of gravity / balancing point) . The word hara literally translated means belly. Energy (chi) is stored in the hara where it is heated before spreading throughout the body - hence a warm glowing feeling. Energy may also be directed at will to whatever task is undertaken. The hara may be considered as being a boiler in a powerhouse, or a storage heater in your home. When it is working it pumps heat into a room, but when it is not doing so - during an off-peak period -then it stores heat within itself to be used at a later time. This is exactly the same principle by which inner power works. You give yourself time to relax, then you use that period to conserve and store further energy. As all energy is heat, you will readily understand the relationship.

HETRO-SUGGESTION - A suggestion made by operator and directed to subject.

HYPNOANALYSIS - Hypnosis utilizing psychoanalytic techniques.

HYPNODISC - A disc with spirals used in inducing hypnosis by "eye fatigue".

HYPNODONTICS - The science and utilization of hypnosis pertaining to dentistry.

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HYPNOGRAPHY - A technique in hypnoanalysis in which the hypnotized subject is allowed to express psychological conflicts through painting or drawing pictures.
HYPNOTIC INSURANCE - A pre-determined code by the operator given to the subject to return to the hypnotic state instantly. (Post Hypnotic Suggestion)
HYPNOTIC PASSES - Those gestures or movements made by the hypnotist over the body of the subject without actually touching them.
HYPNOTISM - The science of hypnosis.
HYPNOTIST - The operator.
HYPNOTIZE - The act of inducing the hypnotic state.
HYPERESTHESIA - A high degree of sensitivity.
HYPERMNESIA - A state of abnormally vivid or complete memory or recall of the past.
HYPERMNESIC - A person with perfect recall while in hypnotic state or waking state.
HYPERSUGGESTIBILITY - The capacity to respond to suggestions above the norm. The subject who is readily influenced and achieves a profound level of hypnosis is said to be hypersuggestible
HYPNAGOGIC - The state intermediate between wakefulness and sleep.
HYPNOANALYSIS - The use of hypnosis in combination with psychoanalytic techniques.
HYPNOIDAL - Resembling hypnosis. When the term hypnoidal is used in the context of hypnotic susceptibility, it designates the lightest degree of hypnosis.
HYPNOSIS - (Greek for SLEEP) hypnosis refers to a state or condition in which the subject becomes highly responsive to suggestions. The hypnotized individual seems to follow instructions in an uncritical, automatic fashion and attends closely only to those aspects of the environment made relevant by the hypnotist. If the subject is profoundly responsive, he or she hears, sees, feels, smells, and taste in accordance with the suggestions given, even though these may be in direct contradiction to the actual stimuli that impinge upon the subject. Furthermore, memory and awareness of self can be altered by suggestions. All of these effects may be extended post hypnotically into the individuals subsequent waking activity. It is as if suggestions given during hypnosis come to define the individuals perception of the real world. In this sense the phenomenon has been described as a "believed In fantasy."
HYPNOTHERAPY - Any therapy in which the use of hypnosis constitutes the core of the treatment.
HYPNOTIC - Pertaining to or associated with hypnotism.
HYPNOTISM - The study in use of suggestions. The science of hypnosis.
HYPNOTIZABILITY - Refers to suggestibility or individual susceptibility to hypnosis.
HYPNOTIC SUCCEPTIBILITY - A personality characteristic that determines a subjects ability to be hypnotized and to attain a given depth of hypnosis.
HYSTERIA - Highly charged, emotional excitability due to internal or external stimuli.
IDEOMOTOR ACTION - The involuntary capacity of muscles to respond instantaneously to thoughts, feelings, and ideas.
IDEO-MOTOR RESPONSE - Non-voluntary movement produced as the direct suggestion of an idea.
IDEOSENSORY ACTION - The involuntary capacity of the brain to evoke sensory images; these may be kinesthetic, auditory, visual, olfactory, gustatory or tactile.

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ILLUSION - A common misperception of some sensory stimulus. All sensory modalities are subject to illusions.
IMAGERY - The ability to perceive or mentally re-create ideas, pictures, or feelings.
INDUCTION - The production of hypnosis by the use of specific procedures.
INDIRECT HYPNOSIS - The production of hypnosis without the subjects awareness.
LAY HYPNOTIST - Term applied to anyone practicing hypnosis outside of the medical profession.
MASS HYPNOSIS - Induction of a group simultaneously.
MATCHING - Developed by the late Milton Erickson, and used by John Grinder and Richard Bandler in their system all of neural linguistic programming (NLP). The technique consists of adopting parts of another person's behavior, such as particular gestures, facial expressions, forms of speech, tone of voice, and so on. Done skillfully, it helps create rapport.
MECHANICAL DEVICE - Any object used to induce hypnosis.
MATERNAL APPROACH - Permissive suggestions used to induce hypnosis.
MNEMON - Unit of memory, largely hypothetical.
MNEMONIST - One from whose memory nothing is erased.
MNEMOTECHMY - System for improving memory.
MNESIC - Of, like or pertaining to memory.
MONOIDEISM - Term coined by Braid for waking hypnosis and light stages of hypnosis.
MOTHER HYPNOSIS - Soft, lulling tones used to induce hypnosis.
MOTIVATION - The force which determines patterns of behavior.
NEGATIVE HALLUCINATION - Not seeing something that is there. Clock on the wall becomes invisible.
OBJECTIVITY - Ability to view events, ideas and phenomena as external and apart from self consciousness, detached and impersonal.
OPERATOR - The hypnotist.
PAIN - distressing feeling.
PANACEA - A cure-all.
PASSIVE STATE - This becomes the hypnotic state as soon as the hypnotist establishes rapport.
PATERNAL APPROACH - Direct suggestions; authoritarian
PERMISSIVE - (maternal) Soft spoken, nondirective, yet persuasive.
PHENOMENA - An exceptional, unusual or abnormal thing or occurrence.
PHOBIA - A morbid fear.
POSITIVE HALLUCINATION - Seeing something that is not there. A mirage.
POSTHYPNOTIC RESPONSE - Acts carried out after the termination of hypnosis in response to specific suggestions are called posthypnotic. A suggestion given during hypnosis, serves as the stimulus in the act becomes the response.
POSTHYPNOTIC SUGGESTION - Suggestions made during the hypnotic state to be carried out after awakening.
PRECONDITIONING - She psychological impression you make on your subject concerning hypnosis.
(PRE-TALK) PREHYPNOTIC SUGGESTION - A visual or verbal suggestion used to indicate

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hypnotic conditions

PREHYPNOTIC TESTS - Tests based on reflexes accompanied by suggestion to create certain effects.

PROFESSIONAL HYPNOTIST - One who makes a living employing the principles of hypnosis.

PROJECTION - The attributing of one's own feelings to someone else.

PSYCHOLOGICAL CRUTCH - Mentally relying heavily on someone else for your outcome.

PSYCHOSOMATIC - Functional inter-relationship between mind and body.

PYRAMIDING OF SUGGESTIONS - Facilitation. Each successful challenge guarantees the success of the next more difficult challenge from simple test to difficult test.

RAPPORT - Relation of harmony, comfort and accord; state of being in tune with your subject.

REALITY - True state of anything.

REVIVIFICATION - A reliving of a prior period of life. In revivification the hypnotized person, returns to a psychological state believed to have existed at the time to which the subject has returned. All memories following the age to which the subject has been regressed are removed.

RIGIDITY - Muscle tenseness.

SELF CONTROL - Conscious auto-suggestion.

SELF HYPNOSIS - Placing one's self into a hypnotic state. Skeptic - one who doubts or disbelieves.

SLEEP HYPNOSIS - Hypnosis brought about while an individual is sleeping, bringing them out of sleep just enough to be in the state of between sleep and wakefulness, the state of suggestibility. Usually conducted on small children with great success.

SLEEP TAPES - Hypnosis tapes used to induce trance and strengthen post hypnotic retention.

SOMNAMBULISM - In everyday usage the term somnambulism is used for sleepwalking; however, in the lexicon of hypnosis somnambulism is used to designate the deepest state of hypnosis.

SOMNAMBULISTIC STATE - A state of the most profound relaxation and usually the hypnotist's objective with subject. (Sleep Walking State).

SUBCONSCIOUS - The nature of mental operation not yet present in the consciousness.

SUBCONSCIOUS CONTROL - Automatic suggestion.

SUBJECT - One who is experimented with or tested.

SUBJECTIVE TIME - Time as perceived by a subject (essays , as opposed to real-time).

SUGGESTIBILITY - The capacity to respond to suggestions. The propensity of a subject to accept an act on suggestions.

SUGGESTION - An idea which is offered to the subject for uncritical acceptance

SUGGESTIVE THERAPY - The removal of symptoms by hypnotic suggestion.

SUSCEPTIBILITY - Capability of receiving impressions; sensibility.

SYMPTOM REMOVAL - Removal of pain that denotes a condition.

THERAPEUTIC - Of or pertaining to the healing arts; curative.

TIME DISTORTION - Unexplainable lapse of time during the hypnotic state by the subject.

TRANCE - a state of profound abstraction.

TRANCE DURATION - Time spent in the hypnotic state.

TRANCE LOGIC - The suspension of critical judgment on the part of a hypnotized subject and

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his or her ability to tolerate the coexistence of logically incompatible phenomena.

TRANCE MEDIUM - The use of a hypnotized subject to foresee the future.

TRANSFERENCE - The self-made science of Prof. J.M. Charcot.

TRAUMA - Injury; shock or the resulting condition.

TWILIGHT SLEEP - The state between consciousness and natural sleep.

UNCONDITIONED SUBJECT - A person who has never been approached with the hypnotic process.

UNCONSCIOUS MIND - Is a term used in psychiatry to denote a postulated region of the psyche, the repository of repressed urges and wishes. The term **subconscious** is often use as a synonym for the term unconscious.

VASOMOTOR - Physical activity over which the subject has no control.

WAKING HYPNOSIS - Hypnotic suggestions accepted by the subject in the waking state.

WILL - A thought conveyed by the subconscious which becomes a reality. (Will Power)

WORD ASSOCIATION - Mental reaction to word stimuli.

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APPENDIX

STATE BY STATE LEGISLATION ON HYPNOSIS

(Effective printing of this manual - 2005)

Most states do not require a license for a person to practice hypnotherapy or administer it to you. Administering hypnotherapy is not practicing psychology or medicine. It is the act of providing hypnotic suggestions to modify behavior for vocational improvement or changes. Since all hypnosis is, technically speaking, self-hypnosis, most states see no reason to establish licensing requirements for hypnotherapy because the individual who is being hypnotized is actually hypnotizing him or herself. It is unfortunate that it requires a license to style and cut hair in every state in the union, but not to administer hypnotherapy for a fee. Fortunately, there are several states that are considering legislation which will correct this issue.

For your information, at the time of initial publication of this web site, only one city, and the following states required a license to practice and/or administer hypnotic therapy:

The city of Las Vegas
The state of Indiana
The state of Washington

The following states will allow a person to practice hypnotherapy provided they are a licensed social worker or health care provider such as a practical or registered nurse, dentist, chiropractor, psychologist or medical doctor; however they do not have to be certified by a board of examiners as a Hypnotherapist:

Florida
Utah

The following states require a person to have a valid license to practice psychology or medicine before they may administer hypnotherapy; however they do not have to be certified by a board of examiners as a Hypnotherapist:

Texas
Alaska
Tennessee

All other states have no licensing or permit requirement of which we are aware as of the publishing of this web site. State licensing regulations change annually. Please check with your state's licensing department to determine if a therapist must be licensed to practice and administer hypnotherapy for a professional fee.

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Hypnosis Pre-Test Answers

1. True
2. False - Weak minded and strong minded can be hypnotized, in fact the stronger your mind, the better since you are in control.
3. True - Smoking cessation is one of the most common uses of hypnosis and has a very high success ratio.
4. False - You are in control. The hypnotist is merely the steering wheel, you are the driver.
5. False - You are wide awake in hypnosis.
6. False - You will not do anything against your personal nature or standards.
7. False - You can open your eyes at any time you desire.
8. False - Strong minded or weak minded, it makes no difference.
9. True - People who are used to following instructions react well to hypnosis.

10. False - The majority of society can be hypnotized.
11. False - You would not say anything under hypnosis you did not want to say. Your secrets are safe.
12. False - Relaxation may be helpful but not a requirement. Even EMTs conduct hypnosis with patients in pain or panic.
13. False - I know many hypnotist with weak minds. Seriously, the mind of the hypnotist is not important.

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CERTIFICATION

List of A.I.A. membership benefits

* Quality updated training.

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* Our monthly publication with articles, updates and the latest breaking hypnosis news and techniques, free original scripts, articles, ongoing events and more.

* Inclusion on our informative website upon request and adherence to all AIA guidelines.

* National client referrals through our website and network.

* Unlimited access to our knowledgeable online and phone support to aid in your future success with advice and information on marketing, conducting sessions, business building and many other subjects of interest.

* Discounts on workshops and training.

* Availability to affordable malpractice insurance.

* An invitation to become part of our association of over 100 Hypnosis Centers nationally which will assist you by becoming part of a larger organization which will give you immediate credibility, referrals and networking assistance in your new practice.

* Our CD book of 400 + new, "original" scripts, deepeners, inductions, suggestibility tests and depth tests that you can use each in your own practice.

* Our continued commitment to success. The choices of what kind of hypnosis business you can start are extremely varied. We remain at your disposal every step of the way for questions, advice or brainstorming.

* We also maintain the web's largest selection of FREE hypnosis scripts and inductions that you can have right at your fingertips. This is a great advantage especially for the clinical practice.

* If you attended one of our live trainings you are invited to attend any future certification classes

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free of charge as often as you like which can be used as continuing education credits or just to learn more about areas that you may need a refresher on.

. . . and much more as you can see listed below.

A.I.A. MEMBERSHIP RATES:

First year membership is included upon completion of your hands on, in person certification training.

At this time **"full membership"** is only available to graduates from our live hands on school.

"Course certificate of completion" upon completing the requirements of this manual or online training is available to those who have purchased this manual, completed the course test and passed with a grade of at least 80%

Full membership
First year is free upon graduation of live course and includes full benefits.
Renewal & member Fee: $95.00 US

Completion of manual or online training certificate
Upon completion of this course, submitting all of your required paperwork and assignments as described on your assignment sheet and completing the test with a passing grade you will automatically become a graduate of the American School of Hypnosis.

If you would like to receive printed paper certificates so you can hang proudly in your office you should send a check for $45.00 to the home office made out to The American School of Hypnosis with the enclosed intake registration form in this manual including the exact spelling and manner you would like to see your name printed. Email us at admin@choosehypnosis.com if you need the address to mail the paperwork to. Be sure to include middle initials, and designations of Jr., Sr, I, II, or III if you would like them included.

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ADDITIONAL CERTIFICATIONS AVAILABLE

Occasionally graduates are interested in acquiring additional certifications. Upon graduation you "may" be eligible to apply for any or all of the following certifications. You may want to call and check with them before submission.

Below is a list of a few that you may apply to upon graduation. If you did not attend the live certification many will still admit you so you might call several if you are interested.

There are hundreds of others available which you may find by doing an internet search on "hypnosis or hypnotherapy certifications". Many of them may admit you due to reciprocity but none are affiliated with the American School of Hypnosis directly.

International Hypnosis Association

INTERNATIONAL HYPNOSIS ASSOCIATION LLC

International Hypnosis Association - The International Hypnosis Association provides credentialing and certification worldwide for Hypnotists and Hypnotherapists (based upon knowledge and skill level). Certifications include hypnotherapy/hypnotist (depending on what your local regulations require) as well as specialized and advanced certifications.

Membership Benefits:

Free 30 minute consultation on your cases or marketing your practice allows you to feel confident and supported knowing you are backed by experts.

Discounts on products, services, and trainings helps you to save money on things you are going to buy anyway.

A beautiful wall certificate to enhance your prestige.

Receive your audio CD: "The Greatest Dangers Facing The Hypnosis Profession Today" – A step-by-step guide to keep you from getting slammed by lawsuits, legal hassles, and government agencies.

Certification by the IHA helps build a solid reputation as a professional Hypnotherapist and ensures your clients' trust.

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The IHA believes in providing value for our members. Our goal is for your membership to be worth many times the $75 membership dues!
For more information or to apply online go to:
http://www.hypnosiscredentials.com/JoinNow.html

NOTE: The following two associations are not affiliated in any way with the A.I.A. or the A.S.H.

American Psychotherapy and Medical Hypnosis Association

For those that are licensed in the medical or mental health field …

Available online at: http://apmha.com/page17.htm

1. Charge Online: For those in US: ClickBank - $89 or PayPal - $89
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The American Board of Hypnotherapy

The American Board of Hypnotherapy was founded in 1882 by Dr. A.M. Krasner. Originally named the California Council of Hypnotherapy, the membership has grown and has a membership of over 4000 professionals, located all over the world.

The organization is widely considered to be the preeminent international organization for Hypnotherapists. The international headquarters is located at 2002 E. McFadden Avenue, Suite 100, Santa Ana, California 92705, U.S.A. Members are able to utilize the ABH Liability Insurance Program.

The primary purposes of the American Board of Hypnotherapy are: -
To promote the recognition of hypnotherapy as a separate and distinct profession.

If you wish, you can enroll in the American Board of Hypnotherapy right on the internet. If you have taken the necessary training you can receive a Hypnotherapist Certification from the American Board of Hypnotherapy.
The registration/certification fee is $85.00 the first year, and $65.00 annually to renew thereafter. New documents are issued each year upon renewal. Members residing outside the United States of America must pay by a check drawn on a United States band or by credit card. There is a $10.00 additional fee for overseas members to cover to mailing cost of publications.

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HYPNOTHERAPY CERTIFICATION REGISTRATION FORM

NAME: _____

(Your name should appear exactly as you would like to have it on your certificate.)

(Your certificate will be titled as a Hypnosis Practitioner. You are responsible to check on and adhere to your own state regulations. It is imperative that you work within your field of expertise and experience.)

ADDRESS: _____

(Mailing address where we should send materials to when required.)

CITY: _____ STATE: _____ ZIP: _____

TEL: (office)_____ (home) _____ (cell) _____

EMAIL: _____ WEB PAGE: _____

D.O.B. : _____ OCCUPATION: _____

EDUCATION: HIGH SCHOOL: _____ COLLEGE: _____

DEGREE: _____

COLLEGE ATTENDED: _____

_____

LIST ANY OTHER HYPNOSIS RELATED TRAINING OR MEMBERSHIPS ATTAINED:

_____

PURPOSE FOR TAKING COURSE: _____

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Rene A. Bastarache CI., CHT.
(215) 586-1818
admin@choosehypnosis.com
www.choosehypnosis.com

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(Member copy)

All assignments must be turned in on or before last day of class. Certification will not be awarded until assignments are completed and turned in.

Please take your time and double check your assignments for grammar and content.

1. Create 2 scripts on any titles you prefer that you have not seen already. (Originals) You are encouraged to write about titles you are familiar with or that you feel you will be needing in your practice. Keep in mind that new students in future classes will have the opportunity of using these in their practices.

(Please create your assignments on a computer and email them to admin@choosehypnosis.com)

2. Read the entire training manual.

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I understand the individual assignments and that they are all required as a prerequisite to graduation of this course. It is my responsibility to report or send in final results to the results to the ASH.

_____ _____ _____

(Signature) (Printed name) (Date)

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PURPOSE: An association network at your disposal where you can:
Call for help or advice for sessions, information and advertising.
A national referral database where you can refer clients to and receive referrals from.
A place where you can share information in your areas of specialty.
Receive added credibility through referrals and association.

I - I am willing to adhere to all articles of the A.S.H. Code of Ethics.

II - I agree to assist and promote members to the best of my ability in a professional manner when I am called upon for assistance or advice as well as in all dealings with association members or A.I.A. officials.

III - If I am called by a client or member for a referral I will respond in a positive manner giving the most accurate information I can. If I am unable to assist I will refer them to someone who can or to the A.S.H. main office.

IV - I will refer clients not in my area or in need of services to an associate office if one is in the appropriate area.

_____ _____

Signature Date

_____

Printed name

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_____ _____

Signature Date

_____

Printed name

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A. I. A. Code of Ethics

We require our members to become familiar with and conform to the following code of ethics. All members will be held accountable for any violations and may also be grounds for termination from association membership.

I - I will become aware of the specific rules within the state, province or area in which I am going to practice before I begin, and conform to such rules and practices.

II - I will dedicate myself to providing competent services with compassion within my scope of practice training, knowledge and experience.

III - I shall represent myself with a standard of professionalism and be honest in all professional interactions.

IV - I will respect the rights of patients, colleagues, and other health professionals, and shall safeguard patient confidences and privacy within the constraints of the law.

V - I will continue to study, apply, and advance my knowledge in the area of hypnotherapy and related fields in order to become more proficient and better serve my clients.

VI - When a clients requirements are beyond my scope of practice, I will notify them of such and refer them to a practitioner with qualifications in the specific area if available.

VII - If I find that a client may be in need of mental health work or evaluation and I am not qualified in such fields, I will refer them to a qualified mental health worker and shall postpone my services until such treatment has been completed or their mental health practitioner has given me a written referral of such.

VIII - I shall not misrepresent myself or my services in any way while advertising.
I shall not make promises or claims of results in order to increase interest that are false in my advertisements.

IX - I shall not slander, misrepresent or make comparisons in a negative manner towards my competition, fellow members or the A.I.A.

X - I shall uphold these standards of professionalism, be honest in my interactions and strive to report any violations of such if should they become apparent.

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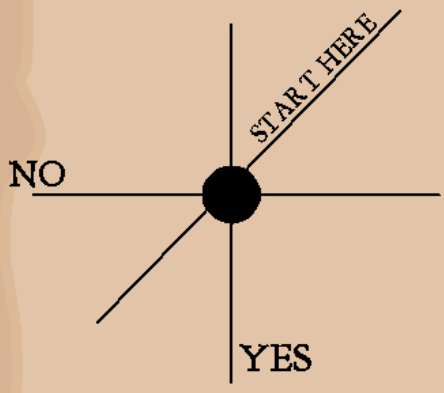
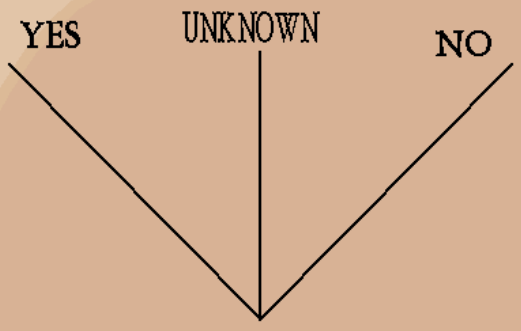
ASK A QUESTION

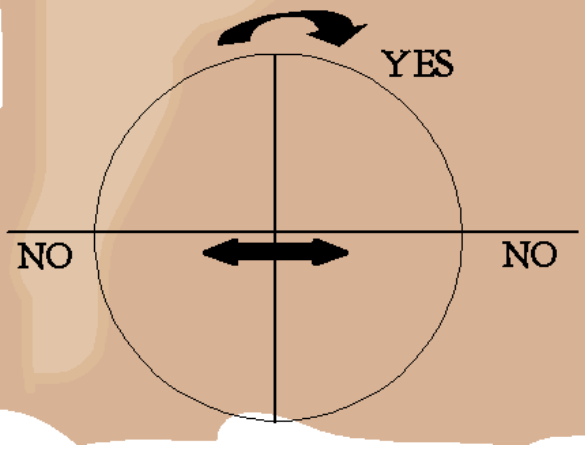
There are many ways to use a pendulum for divination. Here are just a few to get you satrted. Choose one that feels comfortable to you. Which ever you choose will work fine as your decision will become part of your subconscious programming and will use the same manner to answer questions until you decide to change it.



1. Hold your pendulum over the circle moving it along the line that says START HERE, then ask your question. See it's path change to your answer.



2. Begin with your pendulum over the point at the bottom where all 3 lines intersect. Ask your question. Your pendulum will either choose yes, no or unknown, according to you subconscious mind.



3. Begin with your pendulum over the center cross lines. Ask your question. If the pendulum moves in a circle the answer is yes and in a line from left to right would be no.

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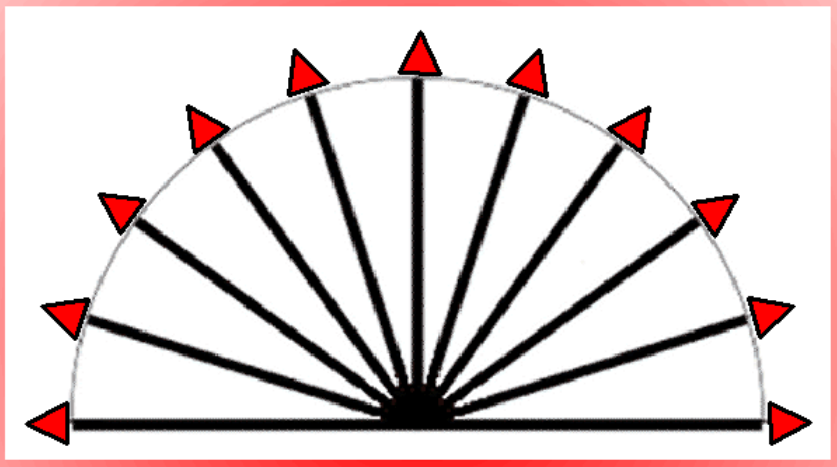
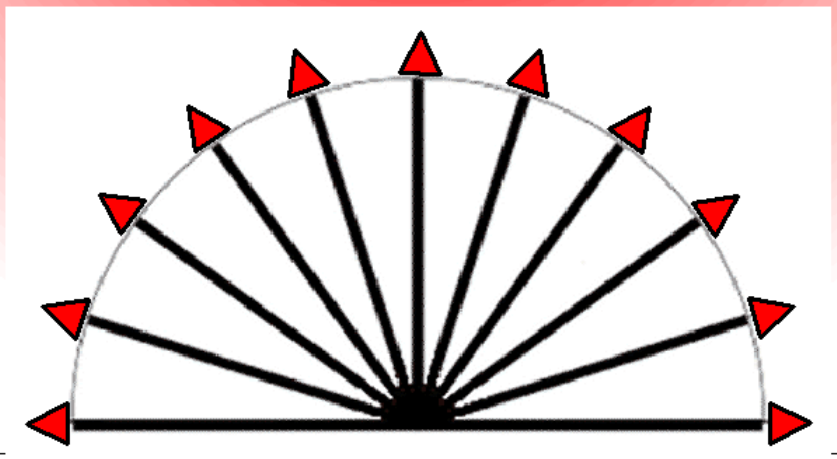
MAKE YOUR OWN CHART

At the end of each spoke place your own choices such as months, numbers, colors, names etc. Starting with your pendulum over the center dot, ask your question and wait for the answer. It is important to be open minded when asking the question so as to not lead the answer to your own desire.





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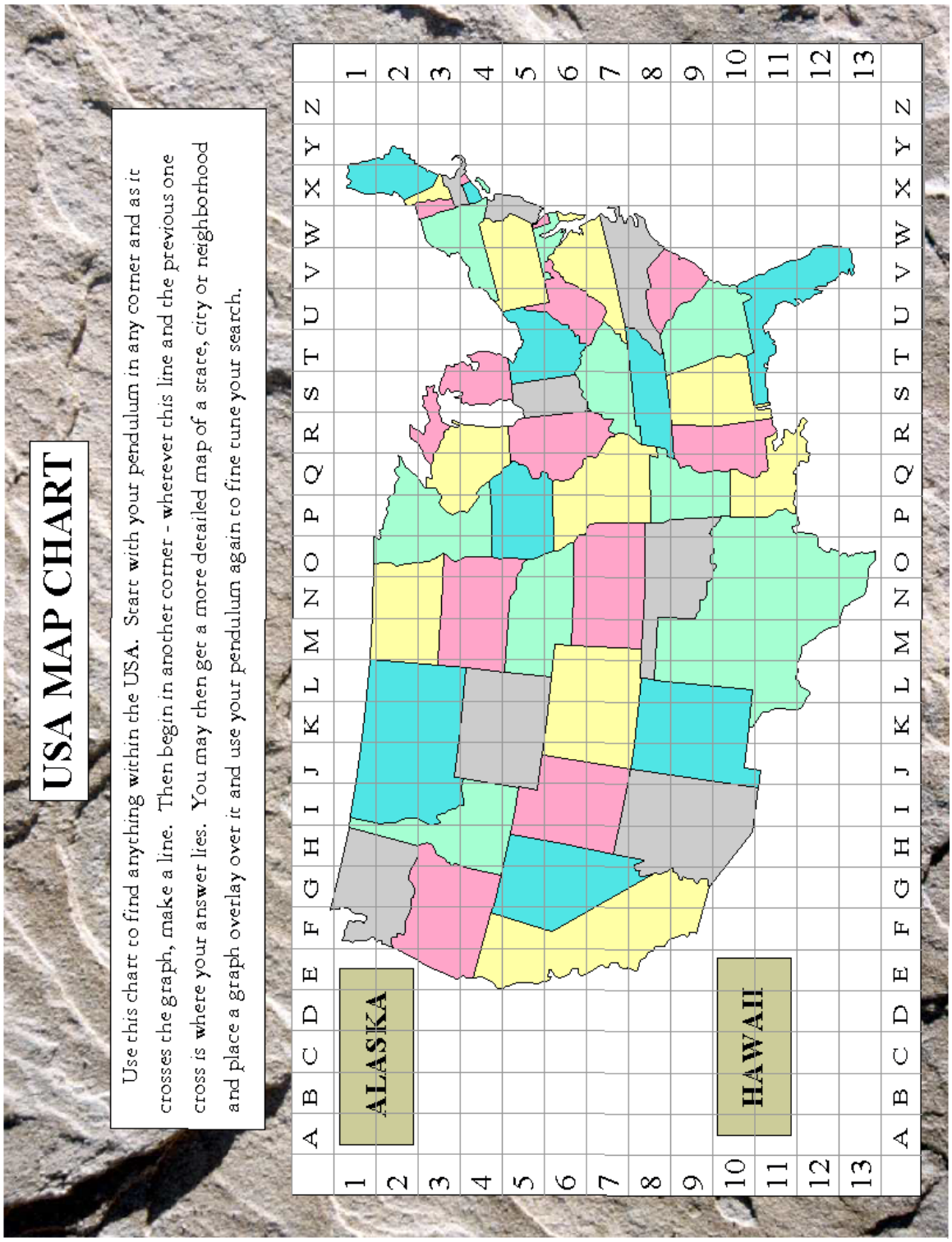
USA MAP CHART
Use this chart to find anything within the USA. Start with your pendulum in any corner and as it crosses the graph, make a line. Then begin in another corner - wherever this line and the previous one cross is where your answer lies. You may then get a more detailed map of a state, city or neighborhood and place a graph overlay over it and use your pendulum again to fine tune your search.
A B C D E F G H I J K L M N O P Q R S T U V W X Y Z
1 2 3 4 5 6 7 8 9 10 11 12 13
ALASKA
HAWAII

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WORLD MAP CHART

You can use your pendulum for dousing to find anything in the world. Use it to find where to move, vacation or have a business trip. Use it to find lost objects, people, water, oil reserves or whatever you like. You may even fine tune your search by placing a grid over a specific country or province or state until you pinpoint your object.

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4 MINUTE MILE (Psychological barriers)

1954 Roger Bannister 25 year old medical student from Harrow. 3:59.4
Within 46 days his rival John Landy broke it at 3:57.9
Over the next 3 years 16 more runners did it.

Malpractice insurance

Affordable Malpractice insurance can be purchased from Lockton Risk Services. Go online to http://ihf.lockton-ins.com/pl. You may apply online and receive a free quote before ordering.

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REFERENCES

G.V. Sunnen M. D. - Creator of The Sunnen Trance Scale for Hypnosis, Self-Hypnosis, and Meditation - March 2001. GSunnen@aol.com

Funk & Wagnall's New World Encyclopedia

Encyclopedia Britannica

Webster's Dictionary

Hypnosis Money Makers "Training Manual from A - Z.

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TEST
Hypnosis Certification

(This is an "Open Book" test)

If you are taking this test for the live, in person course, it must be completed by the last day of class.

If you are taking this test from the online course or as a result of purchasing this manual and desiring a certificate of completion, complete the test and mail it to the main office with your fee of $45.00

NAME: _____ DATE: _____

ADDRESS:_____

_____

EMAIL: _____ PHONE NUMBER: _____

1. What is hypnosis?

_____
_____

2. Who can be hypnotized?

_____
_____

3. Is it possible to learn hypnosis from a good book? *(describe your view)*

_____
_____

4. What are the 6 steps in creating a self hypnosis suggestion?
    1. _____
    2. _____
    3. _____
    4. _____
    5. _____
    6. _____

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5. Can you hypnotize children? Explain your answer.

6. Describe the difference between analytical and non analytical.

7. Which types of occupations or people would normally come under a non analytical type classification?

8. Which types would most likely come under an analytical classification?

9. What is the purpose of suggestibility test?

10. Name four suggestibility test.

11. What is a Deepener?

12. How do you determine how deep someone goes in hypnosis or if they are in at all?

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13. What are post hypnotic suggestions?

14. How long can a post hypnotic suggestion last? (Explain your views)

15. Name five common misconceptions the public has about hypnosis and state the correct response to them.

16. What are four sensations that you may experience while in hypnosis.

17. Explain the difference between a positive and a negative hallucination.

18. In what level of hypnosis is it recommended you be in before dental work can be conducted on you?

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19. In what level of hypnosis is it recommended you be in before major surgery is attempted?

_____

_____

20. What level of hypnosis are you in when you cannot remember your name?

_____

_____

DEFINITIONS:

Match the terms in column one with the definitions in column two by placing the corresponding number on the space provided.

21. TIME DISTORTION	___ Memories are recovered by inducing an intense emotional state
22. AGE PROGRESSION	___ Advancing the subject's age level
23. PERMISSIVE	___ Re-experiencing of earlier events
24. SOMNAMBULISM	___ The loss of memory
25. GRADING	___ Insensitivity to feelings of physical pain.
26. CATALEPSY	___ Forceful, strong, domineering
27. EXPECTANCY	___ Self talk
28. ANALGESIA	___ Rigidity of the skeletal muscles
29. ANESTHESIA	___ Effortless concentration
30. HYPNAGOGIC	___ You believe in the positive results
31. AFFECT BRIDGE	___ Hanging on every word
32. AMNESIA	___ Pressure, but no pain
33. NEGATIVE HALLUCINATION	___ Increase the difficulty of suggestions
34. PYRAMIDING	___ Between wakefulness and sleep
35. AGE REGRESSION	___ Being open to suggestion
36. PHOBIA	___ Not seeing something that is there
37. POSITIVE HALLUCINATION	___ Soft spoken, nondirective
38. CONTENTION	___ A morbid fear
39. FIXATION	___ Seeing something that is not there
40. AUTHORITATIVE	___ Suggestions carried out later on
41. POSTHYPNOTIC SUGGESTION	___ Each successful challenge guarantees the success of the next
42. AUTO-SUGGESTION	___ The deepest state of hypnosis
43. HYPNOSIS	___ Unexplainable lapse of time during hypnosis

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MULTIPLE CHOICE

44. The Catholic Church accepted hypnosis as legitimate therapy and British Hypnotherapy founded in… *(Circle one)*

1. 1958
2. 1725
3. 2003
4. Not yet

45. Both the British Medical Association and the American Medical Association issued statements supporting the usefulness of hypnosis as a form of therapy in the…

1. 1980's
2. 1930's
3. 1090's
4. 1950's

46. Signs to look for in hysterical subjects in hypnosis are… *(Circle all boxes that apply)*

1. Rhythmic circular movement of the head
2. Excessive eyelid fluttering
3. Uncontrollable crying or laughter
4. Itching of the toes

47. Office environment should include… *(Circle all boxes that apply)*

1. Subdued lighting
2. Lava lamps and bright colors
3. Warm comfortable temperature
4. All day long buffet

48. Which of the following is required to be hypnotized?

1. A willingness to be hypnotized
2. A weak will
3. Mental illness
4. Low-to-average intelligence

49. Which of the following is considered an early pioneer of hypnosis?

1. Svengali
2. Franz Anton Mesmer
3. Lloyd Wright
4. Charlie Chaplin

50. Which individual coined the term "hypnosis"?

1. Pierre La Pew
2. Jack Benny

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3. James Braid
4. John Christian Anderson

51. The term “hypnosis” derives from the Greek word for?
1. Relaxation
2. Sleep
3. Power
4. Deity

52. Franz Anton Mesmer was known for which of the following?
1. Post hypnotic conditioning
2. Memory Replacement
3. Negative Hallucinations
4. Animal Magnetism

53. A suggestion given while in hypnosis to be carried out at a later time is called?
1. Direct
2. Post hypnotic
3. Indirect
4. Time delayed

54. The deepest of the four brainwave states is…
1. Alpha
2. Delta
3. Theta
4. Beta

55. Which is required for hypnosis?
1. Total quiet
2. Eyes must be closed
3. Soft music
4. None of the above

56. If you normally remember 1/3 of all memories how much will you remember with automatic writing?
1. Approximately 2/3
2. Approximately 1/2
3. Everything
4. Less

57. Hypnosis is a…
1. Truth serum
2. Control method
3. Way to get what you want

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4. Tool for positive change

58. Glove analgesia is…
1. Allergic allergies to gloves
2. Feeling slight pain but no sensations
3. Feeling pressure but no pain
4. Not seeing something that is there

59. Who was Svengali?
1. A well known old time magician
2. A sinister hypnotist that took advantage of young women
3. A fictitious character
4. The author of a specialty deck of cards

60. British surgeon performed over 2000 operations, even amputations simply using hypnosis.
1. James Braid
2. Jean Charcot
3. James Esdail
4. Marcus Welby

61. A counter suggestion is a suggestion…
1. Given on a shelf in a supermarket
2. To counter an earlier suggestion
3. Given by an auditor
4. That you can count downward

62. Time distortion in hypnosis is defined as?
1. The swinging of a stop watch in front of the clients face
2. Not really sure of the exact time when asked
3. Unexplained lapse of time during hypnosis
4. Seeing the numbers on a clock getting fuzzy

63. Vasomotor is . . .
1. A motor that is very fast
2. Physical activity over which the subject has no control
3. A state of profound abstraction
4. Mental reaction to a stimuli

64. Daydreaming state starts in…
1. Alpha
2. Delta
3. Theta
4. Beta

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TRUE & FALSE

65. In deep levels of hypnosis you cannot resist the suggestions of the Hypnotherapist. TRUE ___ FALSE ___

66. There is always a danger of the hypnotist having a heart attack while the subject is in hypnosis and the subject remaining stuck in trance. TRUE ___ FALSE ___

67. Anyone can resist going into hypnosis if they try. TRUE ___ FALSE ___

68. Hypnosis is simply being open to suggestion. TRUE ___ FALSE ___

69. Suggestibility tests are used to see what you can make your client do. TRUE ___ FALSE ___

70. A client will not do anything against their will or nature. TRUE ___ FALSE ___

71. Only a trained mental health professional should attempt regression to re-open memories from a traumatic attack or abuse. TRUE ___ FALSE ___

72. Only weak minded people can be hypnotized. TRUE ___ FALSE ___

73. True regression is like watching yourself from a movie theatre seat. TRUE ___ FALSE ___

74. Certification for an association is required to open an office. TRUE ___ FALSE ___

75. A post hypnotic suggestion can be given through the mail. TRUE ___ FALSE ___

76. You can be hypnotized on the telephone. TRUE ___ FALSE __

77. You must be deeply relaxed to be hypnotized. TRUE ___ FALSE ___

78. Military people are difficult to hypnotize. TRUE ___ FALSE ___

79. In the deeper levels of hypnosis you can control your subjects mind. TRUE ___ FALSE ___

80. You are in a deep sleep while in hypnosis. TRUE ___ FALSE ___

81. All hypnosis is self-hypnosis. TRUE ___ FALSE ___

82. It's necessary for a person to be very relaxed to get into hypnosis. TRUE ___ FALSE ___

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83. People who are intelligent have difficulty entering into hypnosis.
TRUE ___ FALSE ___

84. You can be made to do things against your will in hypnosis. TRUE ___ FALSE ___

85. People who are in a hypnotic trance always tell the truth. TRUE ___ FALSE ___

86. Sleep hypnosis is conducted while the subject is in the hypnologic state.
TRUE ___ FALSE ___

87. Hypnosis can be used for anesthesia. TRUE ___ FALSE ___

88. Artistic, creative people use more of the right mind. TRUE ___ FALSE ___

89. Students and military are the least suggestible subjects. TRUE ___ FALSE ___

90. People with mental illness are easy to hypnotize. TRUE ___ FALSE ___

91. Only 50% of society are susceptible to rapid inductions. TRUE ___ FALSE ___

92. Pseudo regression is experiencing the event first hand and you will feel the feelings and emotions. TRUE ___ FALSE ___

93. A post hypnotic suggestion can be given on the telephone… TRUE ___ FALSE ___

94. A person can be hypnotized over the computer… TRUE ___ FALSE ___

95. In hypnosis all senses are enhanced a minimum of 15%. TRUE ___ FALSE ___

96. The Arons Depth Scale has 10 levels. TRUE ___ FALSE ___

97. Level 4 is the best level of the Arons Depth Scale for hypno-birthing.
TRUE ___ FALSE ___

98. Suppressed memories can be uncovered in the Beta stage. TRUE ___ FALSE ___

99. If you suspect that your subject is sleeping you should simply ask them?
TRUE ___ FALSE ___

100. The two most common one word commands used in instant inductions are “sleep” and “run”. TRUE ___ FALSE ___

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